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Kenyan stirring a banana revolution in Uganda; 10 items you can make from this crop and the money they bring



## MPs want Uhuru to sign ethics Bill

**P. 4** Leaders pile pressure after it emerges the President might not be sending anti-graft chiefs home

# SATURDAY NATION

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No. 18374

**RECRUITMENT** | The requirement that chances allocated to each of the 47 counties be advertised may be abolished

# New Bill seeks to hide how KDF spends budget billions

**EQUALITY** | Women push for two-thirds gender principle



Ms Rachael Mwikali, a gender activist in Nairobi, during a demonstration yesterday to push MPs to implement the two-thirds gender principle. The demonstrators were prevented from entering Parliament to present a petition.

WILLIAM OERI | NATION

Proposed law shields military from being accountable to Parliament and gives the President power to extend terms of service commanders  
**Story on Page 5**

## STUDY

## Nairobi men suffer most domestic abuse

BY JOAN THATIAH

**K**enyan women are nearly four times more likely to suffer from domestic violence than their men compatriots, a study shows.

An examination of data from the Economic Survey shows the most vulnerable women are those aged between 25 and 29 years followed by 20 to 24-year-olds.

The data also shows that men living in Nairobi and other big towns are more likely to be bat-

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## WACHA SPOTI IBAMBE!

Usikose habari moto moto, matokeo ya ligi, makala spesheli, maoni na umbea wa michezo kupitia gazeti la kipeeke la spoti nchini.

**PATA NAKALA YAKO KILA JUMANNE NA JUMAMOSI**





ENVIRONMENT | Rail line to cut through Nairobi's famous game sanctuary

# KWS sets terms for new railway passage in park

Wildlife agency seeks compensation and demands bridges for animal movement

BY SAMWEL BORN MAINA  
sborn@ke.nationmedia.com

A plan for the standard gauge railway to run through the Nairobi National Park is facing hurdles after the Kenya Wildlife Service laid down the conditions for its passage.

The railway is expected to run along the park's boundary for a 12km stretch.

The Kenya Wildlife Service (KWS) has, however, demanded monetary compensation and that bridges be built in affected areas for easy movement of animals and visitors.

KWS spokesman Paul Udoto

said the cash would be used for wildlife conservation.

The KWS set the conditions after a number of meetings with Kenya Railways and the National Land Commission.

The KWS says no land will be lost and the compensation is only for the disturbance the railway will cause.

"The original boundaries of the Nairobi National Park will not change and acreage will not be reduced," KWS said in a statement.

According to the agency, animals and visitors will have access to the eastern side of the park through several sections of the track that will be elevated on three bridges.

The bridges will be a kilometre in length with an underpass height of a minimum six metres but generally a height of over 20 metres.

"It is the view of the boards of



“

The original boundaries of the Nairobi National Park will not change and acreage will not be reduced”

KWS statement

Kenya Wildlife Service, National Land Commission and Kenya Railways that allowing the railway to pass through and in places

over the Nairobi National Park is a compromise situation that reflects the national interest in the larger sense, and leaves the boundaries of the park intact and unaltered,” the statement adds.

The KWS, however, advised that in future, planners and the government should ensure that major transport corridors such as rail, road and pipelines be built above the ground to allow for wildlife migration and movement, if such corridors passed through any national park.

The Tsavo River Super Bridge in Taita-Taveta during an inspection tour of the SGR by President Uhuru Kenyatta in May. The railway is set to pass through the Nairobi National Park.

FILE | NATION

## BRIEFLY

UASIN GISHU

### Executive, assembly disagree over Budget

A rift between the county assembly and the executive is threatening to hinder the implementation of the Sh5.6 billion budget. Governor Jackson Mandago claimed it was impossible for each ward to equally share Sh1.2 billion of the 2.6 billion set aside for development in the 2015/2016 financial year. However, County Assembly Speaker Isaac Terer said the governor was law-bound to implement House decisions and hence could not reallocate funds. “As per the law, what the assembly passed is law and not even the governor can decide otherwise. The executive must implement what was passed on the floor of the House.” The assembly had rejected an initial executive-proposed budget.

MOMBASA

### Court suspends laws on the sale of alcohol

The High Court has stopped the implementation of new laws restricting the sale of alcohol. Bar and restaurant owners in Mombasa had filed the case seeking the suspension of the county's 2014 Liquor Licensing Act. The suspension is a relief for bar and restaurant operators after they had been previously denied the temporary orders. The operators are also seeking a declaration that the county government has no power to institute criminal proceedings against them and only the Director of Public Prosecutions can. The applicants are members of the Mombasa County Bars, Hotels and Restaurants group. The case continues on September 3.

## Tobiko orders Shollei charged with abuse of office

BY NATION REPORTER

Director of Public Prosecutions Keriako Tobiko has directed that former Judiciary Chief Registrar Gladys Shollei be prosecuted for her alleged failure to comply with

procurement rules.

Mrs Shollei is to be prosecuted for her role in the purchase of a residential house for the Chief Justice.

Mr Tobiko said there was sufficient evidence to charge her and six tender committee officials with

abuse of office. The directive follows an investigation by the Ethics and Anti-Corruption Commission.

Meanwhile, suspended Mining Principal Secretary Patrick Omutia could be headed back to his job after the DPP concurred with the anti-cor-

ruption agency that his investigation file be closed. He was accused of undertaking unplanned projects when he was a director at the Kenya College of Communications (now Multimedia University) with the aim of embezzling public funds.

In your **SUNDAY NATION** Tomorrow

### Obama: Was the promise delivered or hopes shattered?

President Barack Obama's visit to Kenya

created a euphoric atmosphere as the son of a Kenyan father who rose to lead the world's most powerful democracy was finally “coming home.” Tomorrow, we look at the highs and lows of the visit and the impact the high-profile visitor left behind.



### Why parties are turning into teens drug dens

The holidays are here and children are at home, sometimes with very little to occupy their time, especially for those living in urban areas. That is why some parents or guardians probably allow their children to attend house parties and other social events where they

meet their peers. But experts are now warning that more teenagers are being lured into abusing drugs, sometimes unwittingly, and suffering serious consequences. With new methods like cookies laced with bhang, what can parents do to protect their children?

### Fears over plans for fuel levy double deduction

Motorists will begin to feel the full burden of the fuel levy costs this month when the Energy regulator slaps heavier taxes to recover the uncollected levy since the July 1 due date. The pain on the road will climax when the government concludes plans to introduce tolls on some major city roads.

The plan, which has been in consideration since February



last year, has continued to draw criticism from consumers and lobby groups who believe it is a case of double taxation. We unpack the fuel price controversy and its effects on the economy.

## Ngilu loses bid for court to drop case

BY NATION CORRESPONDENT

The High Court has declined to halt the trial of suspended Lands Cabinet Secretary Charity Ngilu and a former National Social Security Fund official over a disputed Sh8 billion piece of land in Karen.

Instead, Environment and Lands Court Judge Lucy Nyambura Gacheru directed that the application by Ms Ngilu and Mr Josphert Konzollo be heard on August 12.

### Private company

At the same time, a private company, Muchanga Investments, will object to the request to suspend the trial pending determination of the bona fide owner of the land.

The Ethics and Anti-Corruption Commission has also filed an application seeking to dismiss the application by Mr Konzollo.

Muchanga Investments and the anti-graft agency say the

Environment and Lands Court was established to handle cases arising from land and environmental issues only.

“The court cannot preside over criminal matters. It cannot therefore grant the orders sought by Mr Konzollo,” a prosecutor said.

Ms Ngilu, Mr Konzollo and a registrar in the lands office want Justice Gacheru to suspend the criminal case against them. They argue that since the High Court is handling the land ownership dispute, the magistrate's court cannot proceed with the same.

The application to suspend the criminal trial was made by Mr Konzollo through his lawyer, Stephen Gikera, under a certificate of urgency.

The minister and the others are being tried by magistrate Felix Kombo over the 134.4 acre Karen land dispute.

The suspects are asking Justice Gacheru to determine the ownership of the land first before the criminal court decides on their case.

Only in the SUNDAY NATION. Don't miss your copy

**SURVEY** | The lowest cases of domestic abuse against both sexes are experienced in North Eastern

# Western tops in violence against women

66

Women are probably no more vulnerable than men, the men would just not admit it. They are probably equally in need of protection."

Dr Chris Hart, psychologist

CONTINUED FROM PAGE 1

tered than their rural counterparts.

The findings also reveal that the Nairobi, Nyanza and western regions lead in domestic violence for both genders.

Men living in Nairobi are more likely to be battered than those living in other areas of the county, at 11.3 per cent, the study shows, while the western region leads in domestic violence against women, at 36.6 per cent.

The lowest cases of domestic violence against both men and women are experienced in northeastern Kenya.

The findings show that the women that are least vulnerable to gender-based violence are those in the highest earning bracket, lending credence to those who have called for the empowerment of women.

This is more so because the study further found that the most vulnerable group to domestic violence comprises those who did not complete primary school, at 30.9 per cent for women and 8.1 per cent for men.

"40.7 per cent of women have experienced domestic violence in their lifetime as compared (with) 10.9 per cent of men. This shows that among men and women of the same ages, women are 3.7 times more likely to have suffered from domestic violence than men," said Mr Kwame Owino, the executive director of the Institute of Economic Affairs.

The study, conducted by Nation's Newsplex project and the Institute of Economic Affairs, a public policy think tank, also found that women who have been married more than once are the most likely to experience violence.

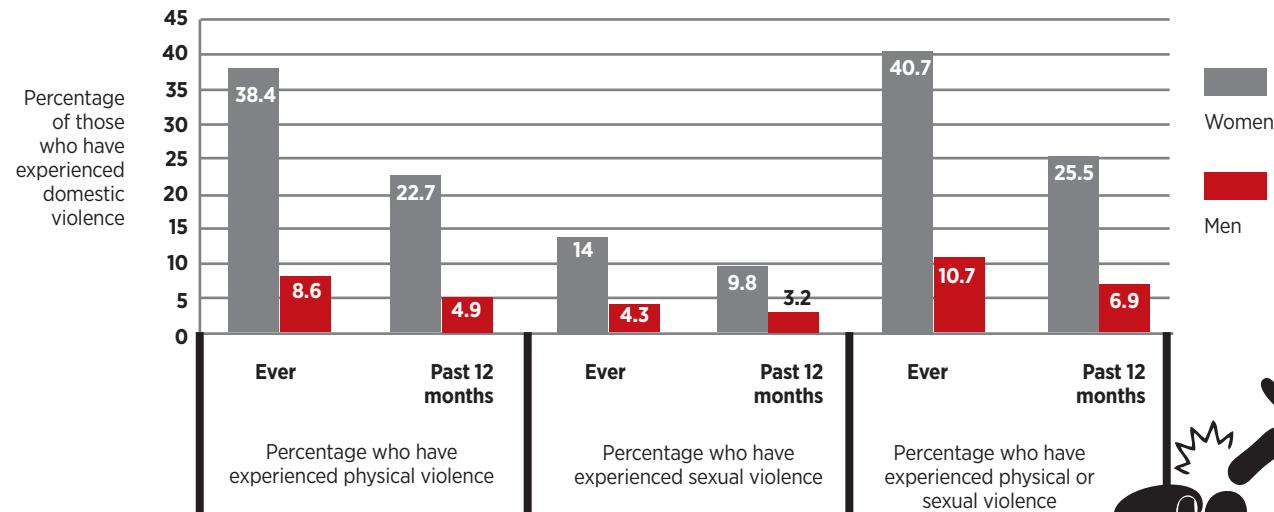
The findings come hot on the heels of US President Barack Obama's comments during his historic visit last week that Kenya's growth was inhibited by the oppression of women.

The findings seem to affirm his sentiments.

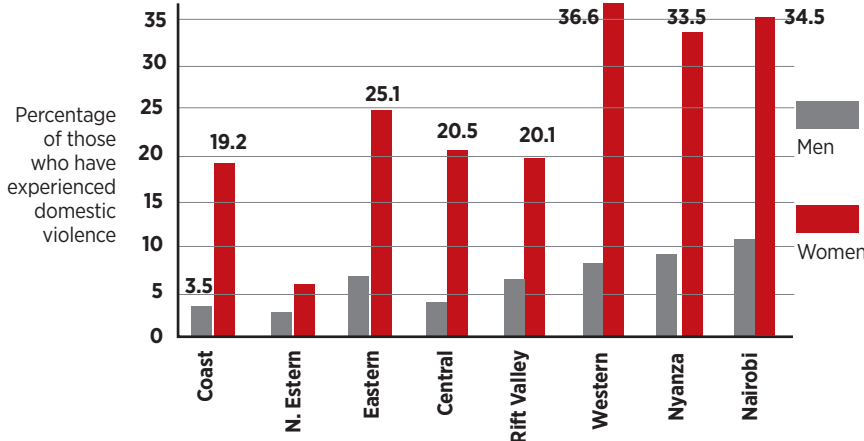
The study sought to find out whether both genders need legal protection as claimed by Maendeleo ya Wanaume chairman Nderitu Njoka.

"Although more women experience domestic violence than men, both of them need legal protection from domestic violence, since they are equally victims," said Mr Owino.

Domestic violence lifetime experience by gender, 2014



Domestic violence experience in the last 12 months by region



Despite the numerous reports of violence against men around the country in the recent past, the findings show that the woman is still more vulnerable to direct gender violence.

However, some experts we spoke to insisted that violence against women cuts across all socioeconomic groups.

"Past academic evidence shows that gender-based violence is highly prevalent in the high-earning income bracket. It is just less reported because people from this economic class feel like they have

a particular image to maintain," said Dr Mumbi Machera, a University of Nairobi sociologist.

Women who have been married more than once were found to be the most vulnerable to domestic violence with the study placing the probability of abuse, at 37 percent.

Widowed and separated men, on the other hand, were found to be more likely than married men living with their partners to have been victims of gender violence.

Based on residence, the research found

that the prevalence of violence against women was near equal in both rural and urban areas.

Interestingly, however, among men, those from the urban areas reported significantly more instances of gender-based violence.

Dr Christopher Hart, a psychologist specialising in relationships, said most of the aggressors in domestic violence are those who have a history of abuse, perhaps going back into childhood, suggesting those who witnessed battery as children are likely to be violent when they grow up.

He added that alcohol abuse, isolation, a lack of resources and a wide difference in incomes were the other contributing factors.

"That tends to mean that it is worse in urban areas and in more economically stressed households. It could also be that people in urban areas are more aware of their rights and thus more likely to report," he said.

Dr Hart agreed with those calling for equal legal protection for men, saying they probably were abused just as much as women in the home, but were less likely to admit it because of their pride.

"Kenyan women are probably no more vulnerable than men, the men would just not admit it. They are probably equally in need of protection."

Institute of Economic Affairs  
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domesticviolence

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The EastAfrican

20 YEARS

OF UNDERSTANDING THE REGION

## KEEPING KQ ALOFT

Kenya government may have to seek yet another strategic partner for the national carrier as it plummets towards insolvency

## MUSEVENI, MBABAZI FINALLY PART WAYS

Former prime minister opts for an independent ticket, avoiding confrontation within NRM

## MOTHER OF ALL BATTLES IN TANZANIA

As Lowassa defects from CCM to Chadema, Magufuli finds himself facing a formidable task

## THIRTEEN EA FIRMS BLACK-LISTED BY WORLD BANK

However, the ban on two EA subsidiaries of Oxford University Press is finally lifted

Plus:

## WHY MAGUFULI WON

Former Tanzanian president Benjamin Mkapa quietly lobbied the CCM top party organ to nominate the works minister to succeed Jakaya Kikwete

Look out for more of our incisive news and analysis of politics, culture, business and markets

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CONTROVERSY | President feels legislation will undermine the fight against corruption

# Bill puts Uhuru, MPs on fresh collision course

Lawmakers impatient at delay in approving law seeking to send anti-graft team home

BY PETER LEFTIE  
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MPs are headed for another confrontation with the Executive since it seems President Uhuru Kenyatta will not sign a Bill seeking to sack anti-graft agency bosses.

Kiminini MP Chris Wamalwa said he will ask the National Assembly Speaker over the President's reluctance to assent to or reject the Bill when the House reconvenes on Tuesday.

The Bill proposed the dismissal of Ethics and Anti-Corruption Commission Chief Executive Halakhe Waqo and his Deputy Michael Mubea and the amendment was moved by Mr Wamalwa.

He said the President should assent or reject the Bill and send it to Parliament.

"The delay is unnecessary. If there is no action by Tuesday next week, I will ask the Speaker to comment on it," he added.

*Saturday Nation* yesterday learnt that the Bill was yet to be handed over to President

Kenyatta, almost a month after it was passed by MPs. But highly placed sources in government told *Saturday Nation* that the President will not assent to the Bill as he feels it undermines the fight against corruption.

"That will not happen, take it from me. What will happen is that there will be fresh proposals on how to go about the issue because the fight against corruption must not be derailed," one of the sources said.

## Senior politician

Another senior politician in the Jubilee government said as much, noting that the Bill would be returned to Parliament "shortly" with fresh proposals.

"We will ask MPs to consider the Bill afresh, taking into regard the new proposals," he said.

The National Assembly voted 70-39 to send Mr Waqo and Mr Mubea packing.

Mr Wamalwa rallied 70 MPs to endorse his amendment to the Bill, originally aimed at increasing the number of commissioners and making them serve part-time.

President Kenyatta has on two separate occasions sent out strong signals that he may not assent to the Bill as he feels it may undermine the war on graft.

Addressing journalists at State



FILE | NATION  
Kiminini MP Chris Wamalwa, who moved the controversial amendment proposing the dismissal of Ethics and Anti-Corruption Commission bosses.

House ahead of US President Barack Obama's visit to Kenya last week, President Kenyatta said he was yet to receive the Bill from Parliament.

"When that Bill comes to us, we will sit down and review it as a government and respond accordingly," he said in response to a question put to him by a

## BESIEGED

### Ababu also seeks to abolish agency

Budalang'i MP Ababu Namwamba is sponsoring two new legislations that could see the Ethics and Anti-Corruption Commission abolished and replaced with a new entity.

One of the bills proposes a new entity to be known as the Directorate of Ethics and Prevention of Economic Crimes, while the other proposes prosecutorial powers for the anti-graft agency.

Mr Namwamba said he was sponsoring the two Bills on behalf of a local NGO, Accountability Kenya, and that the process of engaging the public on the two proposals had started.

"We intend to do away with the bureaucracies that have dogged the management of anti-corruption cases," he said.

“

If there is no action on the Bill by Tuesday next week, I will ask the Speaker to comment on it”

Chris Wamalwa

journalist. And in a statement by his spokesperson Manoh Esipisu two days after Parliament voted to send Mr Waqo and Mr Mubea home on July 9, President Kenyatta said he would “apply his mind” to the changes MPs wanted made at the anti-corruption agency.

“Parliament has not yet transmitted the instruments to the President for his assent,” Mr Esipisu stated.

But when they do, he said, the Head of State would give the Bill, careful consideration, “as is customary.”

Careful consideration, he said, because the amendments, if assented to, would see the chief executive officer of the commission and his deputy removed from office.

National Assembly Speaker Justin Muturi has also expressed misgivings about the Bill, saying some clauses were unconstitutional.

The Office of the Ombudsman, through Chairman Otiende Amollo, has asked the President not to assent to the amendments, arguing that they would only weaken the anti-graft body.

Mr Wamalwa said he was concerned that the anti-corruption commission had resorted to intimidating MPs who supported the amendment by starting investigations into the management of the Constituency Development Fund in their constituencies.

Mr Wamalwa last week told parliament's Justice and Legal Affairs Committee that Ethics and Anti-Corruption Commission detectives had visited his constituency to probe the management of the constituency fund.

But Mr Waqo dismissed Mr Wamalwa's claims as “malicious and unfounded” and denied that the agency was investigating the Kiminini fund.

He said Mr Wamalwa's claims were aimed at intimidating the anti-corruption agency in order to stop it from doing its work. He warned that his team would not be cowed.

## Politicians ‘frustrating’ anti-graft efforts

BY NATION REPORTER

Politicians have been accused of derailing the war on corruption.

They are deliberately sabotaging efforts to tackle the vice, according to a recent report.

*The Dragon's Trap: Kenya's Politicised Anti-Corruption Architecture*, which was released last week, accuses Cord leaders of shielding their allies from investigation or prosecution whenever they are implicated in corruption.

“The Opposition chiefs should agree to stop the politicisation of the war on corruption and protect anti-corruption institutions from corrupt cartels,” says the report by the International Policy Group (IPG).

Recently, Cord co-principal Kalonzo Musyoka accompanied suspended Lands Cabinet Secretary Charity Ngilu to a Nairobi court to face corruption-related charges.

Mrs Ngilu had been accused of blocking investigations into the Karen land scandal.

Despite President Kenyatta's sustained war on corruption, highlighted by the suspension of five Cabinet secretaries and several principal secretaries, his efforts appear doomed to



FILE | NATION

Suspended Cabinet Secretary Charity Ngilu hugs Cord leader Kalonzo Musyoka in a Nairobi court after she was charged with obstructing investigations.

fail due to the “politicisation” of various agencies charged with tackling the vice, according to the report.

“It has become evident that the country's anti-corruption institutions are in dire crisis, enmeshed in subversions by corruption cartels, corrupt officials and other opposed groups.”

It warns that the government is facing a serious challenge of pursuing an anti-corruption agenda through “largely uncoordinated, dysfunctional or corrupted institutions and in a very hostile political environment”.

There has been anxiety over the fate of the Ethics and Anti-Corruption Commission after MPs passed a Bill that recommends the removal from office of its chief executive officer and his deputy.

## Public condemnation

The Commission for the Implementation of the Constitution and Cord leader Raila Odinga have led a public condemnation of the amendment, saying it would paralyse the fight against corruption.

According to the IPG, the government “must stay the course” and step up the fight against corruption by dismantling cartels and networks and taking concrete measures to restore the integrity of anti-corruption institutions.

The organisation also urges the Opposition and civil society groups to support the war on corruption through “evidence-driven” campaigns.

## Rotich blames audit paper delays for Sh66bn dispute

BY NATION CORRESPONDENT

The National Treasury has denied claims that some ministries cannot account for the Sh66.7 billion they spent, saying documents outlining the expenditure were not made available to the Auditor General on time.

“Most provided the necessary documents to the Auditor General during the final stages of the audit review and these were not taken into account before the report was submitted to the National Assembly,” said a statement signed by National Treasury Cabinet Secretary Henry Rotich yesterday.

Auditor-General Edward Ouko in a report released last week raised alarm over questionable spending by 17 ministries and state departments in the last financial year.

In the report, Mr Ouko noted that the money was part of inflated purchases by county governments on non-priority areas such as travel for elected

officials.

While refuting the claims, Mr Rotich said that Mr Ouko sought additional information for the missing links and received them. He however failed to take the contributions into account when concluding the audit report.

**Sh22.5bn**

The amount of money the health ministry could not account for, according to auditor general

The Ministry of Health was highlighted by Mr Ouko for its inability to explain Sh22.5 billion expenditure. Treasury however defended the ministry saying that there are supporting documents to explain the expenditures.

“The Ministry of Health agreed to pay salaries to county workers to assist them pay salaries for the first half of the financial year 2013/14,” said Treasury.



**REFORMS** | If the proposed law is passed, Kenya Defence Forces will spend its money out of the public limelight

# Bill seeks to shield military spend from public

Proposed law seeks to shield the military from any form of civilian oversight

BY BERNARD NAMUNANE  
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**A** Bill proposes to give President Uhuru Kenyatta sweeping powers to extend the terms of top Kenya Defence Forces chiefs by one year.

The Bill has been tabled in the National Assembly and proposes to shield the military from any form of civilian oversight, including financial accountability, except in deployment to operations.

It also proposes to remove the requirement that the defence forces should advertise all positions allocated to each county during recruitment and instead make it mandatory for "designated recruitment centres for all counties".

The three are among a raft of changes which are proposed in the Kenya Defence Forces Bill which also seeks to do away with the requirement for the State to compensate families of soldiers, who will either be injured or die in training.

The government says the change in the law is to ensure smooth implementation.

Under the law, also known as the Tonje rules, the Chief of the Defence Forces, the vice chief and service commanders are required to serve for a single period of four



## HIGHLIGHTS

### What military Bill proposes

The Bill proposes to remove the powers of the Defence CS to assign civilian functions to the Chief of Defence Force or any other members of the military. The proposed law also seeks to solve the altercations that have been happening between the military and the National Police Forces when they have been deployed to deal with emergencies. The Bill seeks to have the military to remain under the command of the CDF and not the Inspector-General of Police.

Recruits march past the dais during a passout parade at a training school in Eldoret presided over by President Uhuru Kenyatta last month. A Bill now seeks to extend the military chiefs' terms.

FILE | NATION

years or retire upon attaining the age of 62 years — whichever comes first.

The retirement age was crafted by the then Chief of General Staff General Daudi Tonje before he left the military.

The chief of the defence forces retires at the age of 62, while lieutenant-generals and major-generals retire at 58 and

56 years, respectively unless they are promoted. Service Commanders in the Army, Navy and Air Force could retire at a younger age, as long as they had served for four years.

The chief of defence forces and service commanders retire after four years, or after reaching the retirement age — whichever comes first.

But the Bill proposes to amend the law saying: "The President may, on the recommendation of the Defence Council, extend the term of office of the Chief of the Defence Forces, the Vice Chief of the Defence Forces or the Service Commanders for a period not exceeding one year."

The Bill also seeks to shield the military from civilian oversight, which is now carried out by Parliament. Parliament would lose the role of assigning the Cabinet Secretary for Defence any functions.

It also seeks to do away with the requirement for the Defence CS to report to the President and Parliament, as well as the military's compliance with policies and directions that have been passed by the House.

The Bills proposes to remove the requirement for the Defence Cabinet Secretary to table in Parliament a yearly report on how the forces use their budget.

This means the military will spend its money out of public scrutiny, just like the National Intelligence Service.

Currently, the military is required to submit an annual report, in writing, to the President and Parliament, on the expenditure, work and accomplishment of the ministry.

## Kenya Airways fall is plot to seize firm, says Orange party

BY NATION  
CORRESPONDENT

The Orange Democratic Movement claims there is a scheme to bring down Kenya Airways so that it can be acquired by "corrupt cartels".

ODM chairman John Mbadi said the dip in profits of the airline appears to have been created to force critical staff into going on strike and quitting to provide an excuse for the take over of the company.

Mr Mbadi spoke yesterday after holding a meeting with Cord leader Raila Odinga at the latter's office at Capitol Hill, Nairobi.

He was accompanied by other ODM MPs and said the government must protect the airline.

On Thursday, Kenya Airways announced a loss of Sh25.7 billion after tax for 12 months ending March.

### Forensic audit

Mr Mbadi urged the government, as the single largest shareholder of the airline, to immediately institute a forensic audit by a reputable international firm.

"That firm must also audit KPMG, which has been auditing the airline's accounts," he said. "The National Treasury must equally account to Kenyans."

He was accompanied by

MPs Junet Mohamed, Jakoyo Midiwo, Zuleka Hassan, Simba Arati and Opiyo Wandayi, among others.

The party also demanded a lifestyle audit of the airline's past and current managers, including of what they own locally and abroad.

"Where necessary, foreign governments must be asked to cooperate and help with the investigation of the airline's officials, who we are aware own substantial properties in those countries."

Despite the national carrier's share value depreciating at the Nairobi Securities Exchange, one or two Kenyans have been on a buying spree, snapping the falling shares "at a rate that betrays some kind of insider

information", he claimed.

He said the dealings point to "an advance knowledge and preparation for the imminent collapse".

Jomo Kenyatta International Airport has a daily turnover of between Sh400 million and Sh500 million, which is largely attributed to Kenya Airways, according to the ODM chairman.

"Should Kenya Airways go down, it will go with between 50 and 60 per cent of this turnover, not to mention thousands of jobs.

### Go down with our pride

"It will also go down with our pride as a nation," he said.

Kenya Airways' current status indicates it has been on sustained gradual decline, he said, accusing the carrier's management and auditors of having been "cooking" its books and deceiving the public and shareholders about its actual financial status.

"Too many questions need to be answered. Why has every single share of Kenya Airways lately been bought by one or two people? Who are these people and why are they so interested in the shares when the company is going down? What is the end game in Kenya Airways' problems?"

The Sh26 billion loss could not have occurred overnight, he added.

“

Why has every single share of Kenya Airways lately been bought by one or two people? Who are these people and why are they so interested in the shares when the company is going down?"

ODM chairman John Mbadi

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KMTC/QP-01/CAD

## KENYA MEDICAL TRAINING COLLEGE

### PUBLIC NOTICE

### SELECTION OF CANDIDATES FOR 2015/2016 ACADEMIC YEAR

We wish to inform the public in general and applicants in particular that Kenya Medical Training College (KMTC) has concluded the selection of students for the 2015/2016 academic year. The names of selected students are available on the KMTC website, KMTC face book page, KMTC campuses across the country and in offices of county commissioners. Admission letters have been posted to successful applicants through the postal addresses provided during application. Successful candidates are expected to join the college on 15<sup>th</sup> September 2015.

Our attention, however, has been drawn to a paid advertisement appearing in a section of the press on the Saturday Nation of 25<sup>th</sup> July 2015 listing names of selected students to various courses at KMTC by the Kenya Universities and Colleges Central Placement Service (KUCCPS).

In response, the KMTC Board of Management met on 30<sup>th</sup> July 2015 to deliberate on the confusion created by the advert and made the following observations:

1. The KMTC Act, Cap. 261, (Section 6 and 11) mandates the college Academic Board to select students for admission into KMTC courses, which it has done.
2. Relevant authorities support the KMTC Board's position.

Consequently, the Board resolved that:

1. It does not recognize the advertisement by KUCCPS in the Press containing a list of selected students to KMTC.
2. It stands by the resolution passed by the Parliamentary Departmental Committee on Health in a meeting held on 30<sup>th</sup> July 2015, re-affirming its earlier resolution that the selection of students to KMTC is the mandate of the college Academic Board.
3. Only those students who have been selected by KMTC will be admitted to the College.

The Board thanks the Government for the continued support.

The Board congratulates those students who were selected by KMTC and looks forward to receiving them in September 2015.

**PROF. PHILIP KALOKI**  
**CHAIRMAN, BOARD OF MANAGEMENT**



HARD WORK PAYS | Meru Central deputy county commissioner and Huduma Kenya feted

# Promote diligent workers, calls Uhuru

Ombudsman rewards outstanding public servants for their dedicated service delivery amid challenging circumstances that they work in

BY ISAAC ONGIRI  
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AND SAMUEL BORN MAINA  
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President Uhuru Kenyatta yesterday directed government agencies to promote six public servants listed by the ombudsman for their outstanding performance in the civil service.

The President (right), in a speech read on his behalf by Attorney-General Githu Muigai, praised the State workers who scooped top awards.

The Commission on Administrative Justice initiated the awards scheme in a bid to motivate selfless public servants who strive to deliver services, in spite of a myriad challenges they face.

"I want to urge the Public Service Commission to consider rewarding those who will be listed as winners by considering them for promotions for their excellent performance," said President Kenyatta.

He urged public servants to show dedication in their service to Kenyans and pledged to support independent commissions to achieve their goals.

Meru Central Deputy County Commissioner Samuel Kimiti won this year's Huduma Ombudsman Award. He was honoured for waging a successful war on alcoholism.

"Through his nudging and encouragement, erstwhile illicit brewers have formed self-help groups, raised money and bought 14 cows as an alternative means of livelihood," said the commission's chairman, Dr Otiende Amolo, at Kenyatta International Convention Centre, Nairobi.

Other State workers who were recognised included Mombasa Principal Kadhi Sheikh Abdulhalim Athman and Taita-Taveta County Prison Commander Nicholas Maswai.

Teachers Milka Njoki of Ndururumo High School and Sophia Atieno received certificates for their outstanding performances.

Mr Richard Mwangi, a teacher at Nadir Primary School in Garissa, was recognised too. He is the only teacher who vowed to remain in northern Kenya even after his colleagues from other parts of the country fled the area



“Through his nudging and encouragement, erstwhile illicit brewers have formed self-help groups and bought 14 cows”

Dr Otiende Amolo

due to insecurity.

Corporal Benard Kipkemoi Tonui, a member of the Recce squad who was killed in the April

2 terror attack at Garissa University College, was honoured posthumously.

Huduma Kenya Secretariat, Singore Girls High School in Elgeyo-Marakwet and Sinyolo Girls Secondary School in Siaya were also honoured.

Dr Amolo commended the improved service delivery in the civil service, but emphasised that more needs to be done as his office had received close to 100,000 complaints.

At the same time, at least three million Kenyans have so far been served by Huduma Kenya since its inception nearly two years ago. According to the head of the secretariat, Mr Dennis Mutuku, more than Sh6 billion has been collected in revenue.

The programme, which was implemented by the Ministry of Devolution and Planning, employs 1,000 people in 21 centres.

Kenya is the third country to roll out this method of service delivery after Brazil and Canada.

According to data from Huduma Kenya, more than 20,000 people are served at different centres in a day.

Recently, the Huduma team received a United Nations Public Service Award for improving delivery of public service.

## Judge declines to unlock Sh5m car loan for reps

BY NATION CORRESPONDENT

Nakuru county assembly members yesterday failed to convince a judge to lift an order barring a bank from disbursing a Sh5 million car loan and mortgage fund to them.

Justice Abigail Mshila said the members would suffer no prejudice if they waited for the determination of a case challenging the selection of Family Bank to disburse the funds.

The MCAs had asked the court to lift the interim orders, saying nominated member Margaret Kiiru, who filed the case, had benefited from the scheme before seeking to block her colleagues from enjoying the benefits. Ms Kiiru said she was ready to refund the amount to her if it is ruled that public procurement rules were breached when the County Assembly Public Service Board single-sourced Family Bank to manage the fund.

Her lawyer, Mr John Githui, said the law required the board to publicly conduct its affairs by inviting bids before awarding a tender.

However, the MCAs protested, saying no prejudice would be suffered if all MCAs were advanced the loans.

The case will be heard during the courts' new term, once a new judge is posted to Nakuru, in October.



## Public Notice Tax Default Notification

Kenya Revenue Authority (KRA) wishes to inform esteemed taxpayers and the general public that under the iTax system:

Taxpayer accounts are credited on real time basis upon receipt of payment at any KRA partner banks, and confirmation of such payments into prescribed KRA accounts in partner Commercial Banks. Automatic taxpayer account updates only happen if payments are processed by Commercial Banks through the KRA payment Gateway.

On filing the 2014 Income Tax Returns, many taxpayers with employment income received email messages that they had defaulted in their tax payment and were hence required to make payments to clear outstanding amounts. In this regard, the system generated default notifications under the following scenarios:-

- When the taxpayer filed a liability return but the employer did not make payment by the due date.
- When the taxpayer filed a liability return, corresponding payment made by the employer but such payment was not made through the iTax system (KRA Payment Gateway).
- When the taxpayer filed Nil or Liability return after the due date, hence the iTax system imposed a late filing penalty.

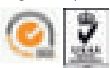
In order to avoid generation of default notification in future, employers are advised to file monthly PAYE returns through the iTax platform and make corresponding payments by the due date through partner Commercial Banks using the iTax Payment Registration Slip (e-slip).

Meanwhile, all taxpayers who received default notices should liaise with their respective KRA Stations with evidence of payments made to enable KRA reconcile their ledgers. Correct amounts will be reflected in their ledgers after employers' accounts are reconciled and payments correctly captured under the iTax system.

### Commissioner of Domestic Taxes

**Disclaimer:** Taxpayers are notified that KRA will not accept responsibility for payments not received, credited and validated in the relevant Kenya Revenue Authority accounts. **Corruption Reporting:** +254 (0726) 984 668, Email: corruptionreport@kra.go.ke **Short Messaging Services (SMS):** Dial (\*572#) or Text to 22572. Call Center: +254 (020) 4 999 999, +254 (0732) 149 999, +254 (0711) 099 999, Email: callcenter@kra.go.ke. **Complaints & Information Center:** +254 (0) 281 7700 (Hotline), +254 (0) 20 281 7800 (Hotline), +254 (0) 20 281 7800 (Hotline), +254 (0) 20 343 342, Fax +254 (0) 20 341 342, Email: cic@kra.go.ke

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*Tulipe Ushuru, Tujitegeme!*



## SPECTACLE | Motorcycle enthusiasts seek law changes



SALATON NJAU | NATION\

Members of MotorCycle Kenya, the umbrella organisation of private motorcycle clubs, associations and groups, park their machines on City Hall Way in Nairobi yesterday. They asked the county and national governments to amend laws they say infringe on private motorcyclists' rights. The motorcycle enthusiasts also marked National Bikers Day.

## Khalwale accuses judge of bias

BY NATION CORRESPONDENT

Kakamega Senator Boni Kwalwale wants a case in which Nairobi Governor Evans Kidero has sued him for defamation referred to another judge.

Dr Kwalwale, through lawyer Ahmednasir Abdullahi, accused Justice Joseph Sogon of favouring Dr Kidero and demanded that he stop handling the matter.

He claimed the judge had

shown open favouritism to the governor's lawyer and was likely to be unfair to him.

"We want this matter referred to another judge. All points we are raising are not being recorded. It is like our submissions are not being valued," said Mr Abdullahi.

But lawyer Tom Ojienda, for Dr Kidero, wants Mr Abdullahi stopped from handling the case, claiming he is likely to be summoned as a witness.

Prof Ojienda said Mr Abdullahi is sitting as an arbitrator

in a dispute between Mumias Sugar Company and the Mumias Outgrowers Company Ltd and hence cannot play the role of counsel.

Dr Kidero filed the case over remarks he claims Dr Khalwale made during a presidential function in Mumias linking him to financial troubles at the miller, where he served as MD.

However, Dr Kwalwale maintains that having been the MD, Dr Kidero is liable for the downfall of the company.



# East African Breweries Limited

## FULL YEAR RESULTS

### Annual Financial Report for the year ended 30th June, 2015 (AUDITED)

+6% Net Sales	+6% Gross Profit	+40% Profit After Tax	COGS Growth lower than inflation	+5% Selling and distribution costs	-16% Administration Expenses	6 of 8 product categories in growth
------------------	---------------------	--------------------------	-------------------------------------	--	------------------------------------	--

Condensed Consolidated Income Statement		
Year ended 30 June		
	2015	2014 Restated
	Kshs' M	Kshs' M
Net revenue	64,420	60,749
Cost of Sales	(32,389)	(30,587)
Gross Profit	32,031	30,162
Total Costs	(17,880)	(19,773)
Profit before tax	14,151	10,389
Income tax expense	(4,616)	(3,541)
Profit after tax (continuing operations)	9,535	6,848
Profit from discontinued operation	40	10
Profit after tax (for the year)	9,575	6,858
Basic earnings per share	11.32	8.22
Diluted earnings per share	11.31	8.21

Consolidated Statement of Cash Flows		
Year ended 30 June		
	2015	2014
	Kshs' M	Kshs' M
Cash generated from operations	22,164	15,181
Net interest paid	(4,074)	(4,320)
Tax paid	(3,563)	(4,668)
Net cash from operating activities	14,527	6,193
Net cash used in investing activities	(4,684)	(6,738)
Net cash generated from/(used) in financing activities	(10,578)	4,775
Net increase / (decrease) in cash & cash equivalents	(735)	4,230
At start of period	(657)	(4,887)
Net increase / (decrease) in cash & cash equivalents	(735)	4,230
Cash and cash equivalents at end of the year	(1,392)	(657)

### Condensed Consolidated Statement of Financial Position

	As at 30 June 2015 Kshs' M	As at 30 June 2015 Kshs' M
Total Equity	13,353	9,101
Shareholders' funds		
Non-current liabilities	28,656	26,304
	42,009	35,405
Assets		
Non-current assets	41,449	43,059
Working capital		
Current assets	25,491	19,807
Current liabilities	(24,931)	(27,461)
	42,009	35,405

### Condensed Consolidated Statement of Changes In Equity

	Share capital & Share Premium	Other Reserves	Retained Earnings	Non Controlling Interest	Total
	Kshs' M	Kshs' M	Kshs' M	Kshs' M	Kshs' M
At 1 July 2014	3,273	(16,756)	22,502	82	9,101
Comprehensive income	-	69	8,952	402	9,423
Dividends	-	-	(4,349)	(822)	5,171
At 30 June 2015	3,273	(16,687)	27,105	(338)	13,353
At 1 July 2013	3,273	(16,751)	20,779	1,134	8,435
Restated as at 1 July 2013	3,273	(16,751)	20,352	724	7,598
Comprehensive income	-	(11)	6,499	346	6,834
Dividends	-	6	(4,349)	(988)	(5,331)
At 30 June 2014	3,273	(16,756)	22,502	82	9,101

The Board of Directors of East African Breweries Limited is pleased to announce its full year results for the period to 30th June 2015.

EABL delivered net sales growth of 6% and Profit After Tax growth of 40%. The results were buoyed by one off items with underlying performance running at 16%.

Kenya's headline NSV growth was 3% excluding Central Glass Industries Limited. The growth was driven by strong performance of premium beer category and double digit growth in spirits. Innovations such as Smirnoff Ice Double Black with Guarana also supported the growth.

Net sales growth in Uganda was 7%, with growth in Uganda Waragi and continued momentum in Guinness after pack change and media campaign. However, a weakening Uganda Shilling against Kenya Shilling reduced the growth to 4% upon translation.

Tanzania net sales were up 2%. However, a weakening Tanzania Shilling against Kenya Shilling resulted in a drop of 2% upon translation.

Our Export markets grew net sales by 48%, despite currency challenges, with strong growth across premium beer and premium spirits. This has been supported by the establishment of the local depot in Juba.

The growth of 6% in gross profit was supported by the focus on driving out costs to constrain the increase in cost of sales to 6%, with savings from improved raw materials usage, low heavy oil fuel prices and greater production efficiencies.

Selling and Distribution is 5% above last year as we continue to invest behind our brands and grow market share across our markets.

Administrative expenses reduced by 16% year on year benefiting from last year's re-organization and continual focus on driving out costs to support growth.

Net capital expenditure for the year was KES 4.9 billion as we continued with our strategy of modernizing our assets and developing sustainable value chains.

Total group borrowings decreased by KES 2.8 billion due to reduction on short term borrowings and a part payment of the long term intercompany loan from Diageo. The effective interest rate decreased from 12.2% in F14 to 11.4% in F15 while the interest expense decreased by 6% year on year.

As a result of these items, EABL's profit after tax improved by 40% to Kshs 9.6 bn.

### DIVIDEND

The Board of Directors is pleased to recommend a final dividend of Kshs 6.00 per share.

The records date for qualification for the dividends is 31st August 2015. The register of members shall remain closed on 31st August 2015 for purposes of preparing dividend warrants. The dividends shall be paid, net of Withholding Tax, on or about 7th December 2015.

By order of the Board

Ruth Ngobi  
Group Company Secretary





CS directs schools to form boards



BY NATION  
CORRESPONDENT

Education Cabinet Secretary Jacob Kaimenyi (above) has directed county directors of education to set up boards of management in all schools.

Prof Kaimenyi noted that schools need the boards to effectively run their activities.

“A number of schools already have the boards. Those that are yet to constitute theirs should do so,” said the CS who spoke at the Kenya Institute of Curriculum Development yesterday during a stakeholders’ forum on students unrest.

The boards recruit secondary schools teachers and submit them to the teachers commission, among other tasks.

However, the Kenya National Teachers and Parents Association is opposed to the formation of the boards until it is given a major role.

Prof Kaimenyi has gazetted regulations paving the way for formation of the boards.

MURDER | Man to undergo test



SULEIMAN MBATIAHI | NATION

Mr Bernard Kibet Rono when he appeared in the High Court in Nakuru yesterday charged with the murder of Ms Ann Cherotich at Kiptendee Village. The court ordered a mental checkup for him and that he be assigned a lawyer before he takes a plea on August 12.

EDUCATION | Some think it’s good, others disagree

Mixed reaction to ban on mock exams

The pressure caused by tests not good, while union boss says it helps students to prepare

BY OUMA WANZALA  
owanzala@ke.nationmedia.com

The ban on mock examinations has been welcomed and condemned in equal measure.

A Moi University lecturer Okumu Bigambo said too many examinations in schools were destroying the reasoning and attitude of students.

However, Kenya National Parents and Teachers Association Chairman Nathan Barasa opposed the ban.

“Mock exams help students prepare effectively,” said Mr Barasa.

Supporters of the ban said the mock exams were being used to gauge the candidates’ performance in the national tests at the end of the year.

But the Kenya National Examinations Council said it

does not use the mock examinations for grading at the end of the year.

The council’s chief executive officer, Dr Joseph Kivilu, said mock exams were organised by schools to evaluate students’ preparedness for the national tests.

He added that the internal tests have nothing to do with the final examinations administered by the council.

BACKGROUND  
Decision aimed at averting unrest

The Education ministry on Thursday announced the ban on mock exams in schools in a bid to contain increasing cases of student unrest.

Cabinet Secretary Jacob Kaimenyi said schools would only be allowed to conduct internal tests, saying that mock exams were exerting unnecessary pressure on students.

Prof Bigambo said too many examinations in schools were destroying the reasoning and attitude of students.

“The students have class assignments, weekend tuition and mock examinations. They have no time to do other things as they only think of examinations,” he said.

He said life in school should not be about examinations only, adding that students need to be trained holistically.

“Examinations stress students and we have to give them a break. With this pressure, the students end up not seeing anything good in society,” added Prof Bigambo.

Kenya Union of Post-Primary Education Teachers Chairman Omboko Milemba said: “Many students are worried that the mock exams are a gauge for the final exams. That’s why they are under pressure to score high.”

Director of Secondary and Tertiary Education Robert Masese said students in some schools mistakenly believe results of mock exams are used in grading them in the national tests.



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Winner of  
lottery to  
get Sh21m

BY NATION  
CORRESPONDENT

A local sports lottery jackpot has hit the Sh21 million mark. This means one winner can walk away with all the Sh21 million after draws across the country. According to SportPesa Chief Marketing Officer Kester Shimonyo Muhangi, two jackpot winners have in the last one year won millions of shillings.

Charity

The first winner, Mr Andrew Mghanga, won Sh5.3 million in July 2014, while in March this year, Mr Paul Wainaina walked away with Sh8 million. Others have also won thousands of shillings. Mr Muhangi said the lottery supports music and sports. Lotteries are mandated to set aside a large portion of their earnings to charity. Artiste Nonini has previously benefited from SportsPesa.

BRIEFLY

KIRINYAGA

Two killed as car  
and matatu collide

Two people died yesterday while 18 others, including 15 students, were seriously injured when a matatu and a car collided head-on on the Makutano-Kutus road in Kirinyaga County. The students from Malikini Mixed Secondary School and one of their teachers suffered head, leg and hand injuries. They were admitted to Kimbimbi and Kerugoya hospitals. The matatu they were travelling on was heading to Embu Town.

HEALTH | Shortage of clean water hampering efforts to fight outbreak

Cholera claims  
fresh victim as  
disease spreads

Kisumu, Homa Bay  
and Isiolo counties  
on high alert as  
residents succumb

BY ELISHA OTIENO  
elisha\_otieno@yahoo.com

Cholera killed another person in Migori Town yesterday, bringing to four those who have died in Migori County this week. The latest victim is a woman, who died on arrival at the Migori county referral hospital. Medical Superintendent Nalwa Wafula said the woman was brought “too late”. “We urge the public to bring patients immediately they see

the signs,” Dr Wafula said. Four children from Oruba Estate in the town are fighting for their lives. Doctors said their condition was “fairly stable”. At least 27 people have died of cholera in the county since January. Health director Joel Gondi said water treatment chemicals were being distributed. “However, some people still continue drinking untreated water,” he said. The disease has spread to Suna East and Kuria West sub-counties. County Commissioner Ann Ngetich said gold mines were being closed in Nyatike where the disease is rampant. The outbreak started in Rongo, Nyatike and Suna West. Most open air markets in the affected areas have been closed



KEVIN ODIT | NATION

A woman cooks food in the open at Shimanzi in Mombasa on Thursday. Most open air cafes are still open in defiance of an order by the county government to stop selling food.

but a shortage of clean water is hampering efforts to fight the disease. There are fears the disease might spread to Homa Bay, Isiolo and Kisumu counties. In Kisumu, health workers are distributing water treatment chemicals. Health executive Elizabeth Ogaja said a person died and 30 others were admitted to hospitals last week. In Homa Bay, eight people are being treated for the disease. In Isiolo County, the water

and sewerage company has joined forces with the Ministry of Health to fight cholera following the death of one person on Tuesday. Another seven are being treated at the Isiolo public hospital. The firm’s finance manager, Mr Nura Bonaya, said yesterday water was being constantly tested. “Some people are releasing dirty water from bathrooms into the streets, putting the health of other residents at risk,” said Mr Bonaya.

“We urge the public to bring patients immediately they see the signs”  
Dr Nalwa Wafula

Sue county government, CS tells paralysed children’s parents



BY NATION CORRESPONDENT

Parents of children who became paralysed after being injected can sue the Busia County Government for compensation over suspected medical malpractices. Speaking at Nairobi Hospital yesterday, where the children are receiving treatment, Health Cabinet Secretary

James Macharia (left) said the county government should take responsibility since the nurse is its employee. Mr Macharia said the report on the investigations would be ready after two days. The CS said that the ministry had directed the county government to suspend the nurse involved and investigation be done on whether she

was qualified for the job. “We have asked the county government to investigate the qualifications of the nurse because it is common sense for any qualified nurse to know where to inject a patient,” said Mr Macharia. The children aged between four and 11 years are said to have been treated by nurse at Akichelesit Dispensary in Teso North Sub-County early this year.

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**UNGA GROUP LIMITED**  
(Incorporated in Kenya, registration number C. 11/56)

**ACQUISITION OF SHARES IN ENNSVALLEY BAKERY LIMITED**

The Board of Directors of Unga Group Limited (**Unga**) is pleased to announce the completion of the acquisition by Unga, through its subsidiary Unga Holdings Limited, of a 52% shareholding in Ennsvalley Bakery Limited. All requisite shareholder, statutory and regulatory approvals in respect of the transaction have been obtained.

**By order of the Board**

**Winniefred N Jumba**  
Company Secretary  
30<sup>th</sup> July, 2015

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ANALYSIS | David Ndii

# Overpromised, underdelivered: A reflection



Leader's Africa initiatives pale in significance and progressiveness to those of his predecessor, namely, the African Growth

and Opportunity Act, the US President's Emergency Plan for Aids Relief, and the Millennium Challenge Corporation

**M**y mother visited America about a decade ago. On her return, we were all very eager to get her verdict on the country.

"How did you find it?" we asked her.

She paused for a while as if to gather her thoughts. "It's very clean," she said at last.

We waited for more. Nothing. She has never expressed a desire to return, but often wishes my two siblings who have settled there would come back home.

My mother may know next to nothing about geopolitics and economics, but her intuition was onto something.

The US is still the world's most powerful nation, but power is not what it used to be. In fact, it is perhaps more accurate to describe the US as the world's mightiest nation — might increasingly manifesting itself in grandeur and not much else.

Looking at President Barack Obama's itinerary in Nairobi, I am left wondering why a flotilla of ground transportation was required. He could have hopped from place to place using a helicopter.

But pomp and circumstance was befitting. The man has definitely secured his place in history and it was right that we reciprocate his homage to his African heritage. Not so the rest of the hype and stratospheric expectations. These, I fear, are a manifestation of an increasingly insecure nation's yearning for external validation. Here is why.

The primary agenda of the safari was evidently security. The US has done a good job of securing the homeland from

international terrorism, but its global leadership on counter-terrorism is disastrous. While much of the failure is a legacy of the war-mongering by former President George W. Bush (below) and former British Prime Minister Tony Blair, the Obama administration is not faring any better. In the recent past, it has touted Yemen and Somalia as success stories. Yemen is blowing up.

Kenya and Ethiopia are America's frontline partners in the Somalia strategy. Mr Obama's trip to both Kenya and Ethiopia is a climb down from the administration's rule of law, human rights and democratic governance high horse.

While for Kenya the homecoming imperative and a big global conference provided something of a fig leaf, there is no such thing for Ethiopia, and the only way to read it is the administration's desperation to shore up the Somalia strategy. The prognosis is not good. Somalia looks destined to implode. The caliphate is coming to the Gulf of Aden.

Democratic space is shrinking fast in Africa, including right here in Kenya. I cannot imagine that the Obama administration is unaware of this. The Opposition has been extinguished in Ethiopia and Rwanda. It is on the run in Burundi. In Uganda, brutal assaults are the order of the day, and will be so until President Yoweri Museveni wins his umpteenth term.

It then begs the question what cause humiliating our opposition leaders was meant to advance. I am not suggesting that Mr Obama should not have had a candid, pointed conversation with them, but I fail to see what useful purpose his public comments were meant to serve, knowing, as he ought to have, that they would play into the hand of a government hell-bent on rolling back democracy.

I would expect Mr Obama to appreciate how difficult it is to sustain opposition here, that it is much easier and beneficial to join the government gravy train, and, in fact, that it is what the majority of these leaders' followers would prefer. Whatever he thinks of them, these opposition leaders are the only thing standing between us and a totalitarian state.

It does not get better. The Obama administration has



JEFF ANGOTE | NATION

US President Barack Obama addresses the nation from the Safaricom Indoor Arena in Nairobi on Sunday.

two flagship development programmes: Feed the Future and Power Africa.

Feed the Future is a stock-in-trade USAid programme — little more than a gravy train for beltway bandits (consulting firms that specialise in US government business, mostly owned by former American government officials).

Power Africa is business proper. It is America's response to China Inc. The initiative provides American government support to US companies to invest or sell electricity equipment and services, with a primary focus on renewable energy. Why power? The US, for some reason, is obsessed with energy. Oil has shaped the US Middle East policy for the last 40 years. The age of oil is over. Renewable energy is the future.

Africa is the least electrified market in the world. It is virgin territory that portends renewable power growth similar to the way mobile telephony took off because we did not have landlines.

Power Africa will help the US to grow its renewable energy capability and hopefully dominate the industry globally. You might ask how it can dominate considering that, unlike oil, resources such as wind, the sun and water are ours and free. The answer is technology and know-how — you own that, you control the industry.

There is, of course, nothing wrong with the US pursuing its economic interests and our embracing them, as long as

they coincide with ours. The programme deploys technical assistance, subsidised finance and political muscle to give the US private sector undue advantage and limit our choices. But whether it does so will depend on whether it crowds in or crowds out other players.

So far, it is a bit of both. According to its annual report, the deals sealed so far are of projects that were under development before it was launched. There is no shortage of capital and technology for these types of projects around the world, so there is a prima facie case for crowding out.

On the other hand, Sweden, a big player in wind energy, has decided if you can't beat, you join, and committed a billion dollars to the programme. Whatever the case, this is the sort of mercantilism that you don't expect the leader of the free world to visit on the land of his forebears.

If truth be told, Mr Obama's Africa initiatives pale in significance and progressiveness to those of his predecessor, namely, the African Growth and Opportunity Act (AGOA), the US President's Emergency Plan for Aids Relief (PEPFAR), and the Millennium Challenge Corporation (MCC). It has to be said that Republican administrations have in recent years pursued more enlightened and progressive development policy than Democratic ones.

AGOA is a household name. I will come back to it shortly.

PEPFAR was a bold, nay, audacious initiative that has to date provided \$65 billion (Sh6.5 trillion) to combat Aids. It turned the tide on HIV/Aids, and also, in my view, set the bar in terms of aid transparency and accountability.

With the MCC, the Bush administration set out to revolutionise American aid, by focusing it exclusively on poor countries that demonstrated good governance and economic policies. The US sought to make irrevocable multi-year commitments, and giving the beneficiaries control of the money, instead of contracting beltway bandits who keep half the money at home and spend most of the other half on expatriates in the recipient countries. It is the only aid programme I can think of that has walked the talk on country ownership of aid programmes.

And now, Mr Obama's missed opportunities.

## Agriculture

Two years ago, a spike in global food prices unleashed a new scramble for Africa. It is estimated that Africa has 40 per cent of the world's underutilised agricultural land. Much of the rest of the world is running out of agricultural land. If so, why is Africa not feeding the world? The main reason are agricultural subsidies by rich countries. The European Union spends over 50 billion euros a year, and the US



40

The number of years oil has shaped the US Middle East policy

“

The initiative (Power Africa) provides American government support to US companies to invest or sell electricity equipment and services, with a primary focus on renewable energy”



# on Obama's trip



\$20 billion (Sh2 trillion) a year in agricultural subsidies.

Africa's non-oil and gas exports under AGOA grew from \$1 billion (Sh100 billion) at inception in 2001, to a peak of \$5 billion (Sh500 billion) in 2008, but have since fallen to \$1.7 billion (Sh170 billion) last year, of which only \$200 million (Sh20 billion) were agricultural exports. If the US was to eliminate its farm subsidies, Kenya alone could export five times that in no time, with or without AGOA. US cotton subsidies alone are estimated to cost Africa \$300 million (Sh30 billion) a year.

It is not just in access to the US market that the subsidies undermine us. In 2009, under Mr Obama, the US succumbed to mercantilism and followed the EU in reintroducing dairy export subsidies. We have Africa's most successful and competitive dairy industry. These subsidies dump cheap dairy products in Africa at our expense. Did our government raise this? I doubt it.

If nothing else, I would have expected Mr Obama to deploy his considerable rhetoric to prick his nation's conscience on this one. But given that it's also in their own best interests to get rid of the subsidies, he ought to have done more. If it is a question of protecting incomes and jobs, why not, for instance, pay the farmers to grow forests?

## Higher education

Barack Obama Jr is because Barack Obama Sr's thirst for higher education propelled him to those shores. He missed out on the Tom Mboya airlift but he made it there

nonetheless.

The airlift generation's contribution to our decolonisation and development is incalculable. It would have taken us at least another decade to replace colonial bureaucrats and intellectuals without them.

The US is the citadel of higher education in the world. Even today, a number of our private universities, including USIU and Nazarene, have American roots. If there is one thing Africa's burgeoning youth need and are thirsting for, it is higher education.

Allow me to dream. Mr Obama could have leveraged the billion dollars he is said to have mobilised for entrepreneurs to establish a spanking new American university in every African country — MIT Nairobi, Stanford Dar es Salaam, Harvard Abuja, Berkeley Accra, you get the drift. Soft power par excellence.

And Africans being Africans, these would eventually become Barack Obama University of Kenya, Barack Obama University of Tanzania, of Nigeria ...

All might not be lost. Mr Obama's democratic predecessors, Mr Jimmy Carter and Mr Bill Clinton, have gone on to spend their retirements making up for their overpromised, underdelivered international development agendas. Not so Mr Ronald Reagan and the Bushes. So, let us wait for the Obama Foundation.

In the meantime, I will be rooting for Jeb.

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NEW YORK NOTE | Samuel Ollunga

# Why most Americans were not bothered by leader's Kenya visit



The reception Barack Obama got on his maiden presidential visit to Kenya was unparalleled. Not because of the exquisite pageantry Kenya rolled out — and that was a sight to behold. But rather on account of the heartfelt joy that marked the occasion.

He was treated like a long-lost true son of the land. His emergence from Air Force One burst the bubble of longing and ushered in the long-awaited homecoming. No other guest of the nation has inspired more goodwill and exuberance. Not even the iconic Nelson Mandela, Africa's greatest son.

A deep sense of belonging must have guided the American president's pilgrimage to Kenya, a need to rest the ghosts of his long-raging identity crisis.

We know what Kenyans thought of Mr Obama's visit. But what did Americans think of the trip? On social media, there were some Americans who delighted in his trip to his father's homeland. They remained supportive of the visit.

Then there were others who were cynical; they questioned the "waste" of US taxpayers' money on such a "pampered" crusade.

There was another group of Americans who doubled down on the conspiracy theory that Mr Obama was, in fact, visiting the country of his birth — and perhaps, in search of his birth certificate!

However, to be honest, on the whole, most Americans thought nothing much of the tour. Few could be bothered. Some even had no clue that Mr Obama visited Kenya and Ethiopia or had even been out of the country!

## US viewership

In a calculated effort to ensure many Americans had at least the opportunity to watch the tour, it is said Mr Obama's speeches were scheduled to coincide, as best as practicable, with prime US viewership allocations. But even that did not kindle a lot of interest among Americans.

Was this "lethargy" spurred by a case of ignorance is bliss? Nay. Then why was President Obama's visit to Kenya greeted with some ambivalence in the US?

There are several reasons. Mr Obama's presidential approval ratings are the best in two years. In addition, he is coming off the best month of his whirlwind presidency. He is, therefore, awash with goodwill.

The ongoing presidential campaigns have shifted the spotlight to the search for the next US leader. As a result, Mr Obama is fast becoming yesterday's news in the US. Suffice it here to merely add that the Iran nuclear deal has lent Republican presidential candidates a large axe to grind.

It has further afforded them

plenty of wood to chop and fire up their campaigns to gain the much-needed political mileage.

Then there is 'The Donald'. Yes, Trump — "The Apprentice" mogul. He is all over American news these days.

Kenya is a wonderful country. However, for it to register on the radar of everyday Americans, it would have to be party to an event of tectonic US relevance, with a direct bearing on their lives or their emotions.

In the main, however, America's ambivalence to Mr Obama's trip has more to do with the country's foundation. The universe that is the US does not revolve around the president. The life force of the country is liberty, a truism considered inalienable and self-evident.

This equates to choice. Choice equates to individual freedom. Individual freedom equates to the right to singularly engage in the "pursuit of happiness".

Choice flourishes in a culture of institutional gravity. That is why the architecture of the notion of government and governance as drawn by America's founding fathers can be summed up by the erstwhile James Madison, who opined in The Federalist Paper No. 51 that the executive, the legislature and the judiciary should check each other "in a harmonious cycle of mutual frustration".

In the strictest sense, the US presidency is, therefore, an institution. The office bearer, at any given time, is relevant, but not defining. Thus, sheltered in the fort of the constitutionally reinforced axiomatic truth of life, liberty and the pursuit of happiness, everyday Americans go about their nation-building and individual wealth-creation efforts with a lightness of heart and knowledge that regardless of where the president is at any one moment, the business of governance is under control.

In many African countries, the institution of the presidency, including its boundaries within the constitutional framework, is all but edifice. The dictator is a law unto

himself.

Holding the distinction of being the first US president to address the African Union, Mr Obama must have detected symptoms of the big-man syndrome bloating around the room. He lambasted some African presidents, including Burundi's Pierre Nkurunziza, who have gone to the extent of changing their countries' constitutions to extend their rule and stranglehold on their respective nations.

His assertions laid into heads of state who were both the president and the institution itself, and even more.

Poignant was Mr Obama's statement that when a leader says he or she is "the only person who can hold (their) nation together ... then the leader has failed to truly build their nation".

Examples of constitutional gerymandering on the continent abound. The touchstone of history, a new century and its sophisticated new-age global ways have not been much of a deterrence.

Rwanda, for instance, is currently trying to amend its constitution to hand President Paul Kagame a new term. It would appear some of these leaders have, by their short-sighted selfishness, spat in the face of history and led their countries to strife.

Despite the footnote that is the 2007 presidential election, Kenya is farther on the journey towards fostering enduring institutions. Indeed, the country has come a long way since the Jomo Kenyatta and Daniel arap Moi days, when the president seemed to own and lease the trademark of the country's identity.

## Demystifying presidency

Former President Mwai Kibaki's laid-back mien was cathartic in weaning the country off this culture. President Uhuru Kenyatta and his deputy, Mr William Ruto, have further aided in demystifying the presidency without besmirching the institution.

However, despite devolution slowly taking root, the universe that is Kenya still revolves around the presidency. The underlying ethnic calculus and jostling by Kenyan communities for one of their own to occupy the hallowed seat still keeps the country enchanted by the office.

A mindset of scarcity and a political culture of one-upmanship, borne from the original sin of the country, ethnicity, holds sway.

I wish we could have a time when Kenyans of all ages, from all parts of the country and all walks of life find themselves deeply anchored in the safety of functioning and unfailing institutions.

This will be a time when they will have the luxury to be "ignorant" of the day-to-day movements of the head of state, as they immerse themselves in the efforts of nation building and individual wealth creation.

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In the main, however, America's ambivalence to Mr Obama's trip has more to do with the country's foundation. The universe that is the US does not revolve around the president. The life force of the country is liberty, a truism considered unalienable and self-evident.”

Samuel Ollunga



## SATURDAY NATION

Intervene urgently to  
save loss-making KQ

The announcement by the Kenya Airways management that the company had made Sh25.7 billion losses in the past one year sent shockwaves all round and brought to the fore the question of corporate governance.

For three consecutive years, the national carrier has posted negative results that signal that the fundamentals have been wrong. However, no drastic action seems to have been taken to reverse that trajectory. But the latest loss is mind-boggling for an airline that only a few years go was truly and emblematically the pride of Africa.

Explanations have been given about the cause of the massive loss, including high fuel prices, terror that cut tourism as well as tragedies like Ebola. But the critical fact is that the company is suffering from a misguided strategy that anchored expansion on borrowing. When evaluated in terms of assets and liabilities, the company is technically insolvent.

The reason why the company's fortune is worrying is that it is partly owned by the government, which means, it is publicly funded. Secondly, the airline has come to represent the international image of the country. It is a key player in the African aviation industry with flights to key and strategic capitals.

Further, the expansion of Jomo Kenyatta International Airport and development of other related infrastructure, including the proposed Greenfield airport project, have been tied to the growth of the airline. Any misfortune that hits the national carrier affects these projects.

Thus far, the company's management has set out to borrow more to keep afloat and sell assets to raise cash to offset debts. Clearly, the turnaround model is uninspiring. A fiercely ruthless decision has to be made, including reviewing the partnership with KLM, as a more robust strategy is deployed and investigations conducted to expose the cause of the haemorrhage.

## Be fair in team selection

The world's focus is on Kenya today as the country begins selecting its team for the World Athletics Championships and the Africa Games. The selections are taking place at the Safaricom Stadium, Kasarani.

We hope that the team for the world event, to be held from August 22 to 30 in Beijing, will perform better than the one that took part in the Moscow championships two years ago. In Moscow, Kenya won five gold, four silver and three bronze medals.

It is also our hope that Athletics Kenya will be fair in its selection this time.

Our athletes have always found the going rather tough in the short distance races, and what happened in 100m men's race yesterday is something that could have been avoided. That the electronic timing system failed when national champion Mike Mokamba ran was disturbing. Mokamba was hand-timed at 9.90 seconds yesterday. He recently set a national record of 10.23 seconds. The world championships qualifying time is 10.16 seconds.

Athletics Kenya should get its act together and ensure all the equipment at Kasarani is well calibrated ahead of such major events. It will be unfair to deny athletes an opportunity at the worlds and African Games because of a faulty electronic timing system. This should never happen again.

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PARASITES KIDS NEED TO BE VACCINATED AGAINST  
(DESPITE OPPOSITION FROM THE CATHOLIC CHURCH)



POLIO



TETANUS

CATHOLIC  
PRIESTS

## GOVERNANCE | Magesha Ngwiri

Victors in African liberation war  
most reluctant to give up power

Some despots who have been in power for over 30 years have given the continent and themselves a very bad name

When Robert Gabriel Mugabe became executive president of Zimbabwe in December 1987, I had already clocked two years as a journalist. Now I am a retired scribe, but the man is still president. And this not counting the fact that he had been the country's first prime minister for at least seven years before that, which means he has been in power for 35 years. Yet the man wants to rule Zimbabwe for a little longer — he is already 91 — which will surely make him the oldest ruler in the world.

When Yoweri Kaguta Museveni abandoned the bush for the presidential mansion in Uganda in January 1986, most Ugandans and the international community had great faith in him. Here is a man who helped topple the murderous Idi Amin and also got rid of Milton Obote, whose second stab at the presidency was very violent. But since then, Museveni has refused to cede power and has ensured that no opposition leader can successfully challenge him.

Now he wants to continue in power for yet another term, and to do that he has

engineered a change in the constitution, removing term limits, and used extremely strong-arm tactics that have left his potential opponents writhing. The frequent arrests and intimidation of opponents is a good pointer to his thinking — that no one can run Uganda as well as he does. In short, even if he doesn't say it in so many words, he would prefer to be president-for-life.

President Paul Kagame has been an inspiration to many, not just in Rwanda, but also in the larger East Africa and most of the international community for his role in ending the genocide that claimed the lives of nearly a million Tutsi and moderate Hutu

in 1994. Since that notable achievement, Kagame has also scored significant victories on the economic front, turned Rwanda into one giant IT hub, and largely united his country. However, the insistence of his supporters for him to cling on power may eventually be his undoing.

To be fair, not all these leaders are egomaniacs who believe they are God's gifts to their countries. In fact, it may not be true that they are unpopular merely due to longevity. Quite possibly, both Museveni and Kagame would win handily even if they were to display less intolerance to a real or imagined opposition. What is worrying is that when leaders hang on to power for too long, their thinking processes atrophy and they end up surrounding themselves with praise-singers who will never tell them the truth. And therein lies the tragedy of Africa. Could there be a connection between victors in liberation wars waged in the bush and their reluctance to give up power?

I don't intend to waste space on leaders like Pierre Nkurunziza of Burundi, for he has made his bed and will shortly lie in it, or on folks like Joseph Kabila of DRC who pretends to rule the country, a task that has proved impossible from time immemorial. What prompted this tirade was US President Barack Obama's homily to African leaders: "No one should be president for

life," he told them, "When a leader tries to change the rules of the game just to stay in office, it risks instability and strife as we have seen in Burundi." What else can one say to that?

◆ ◆ ◆  
If there were any doubts that Kenya was a truly wealthy country, then the mind-boggling figures released by the Auditor-General two weeks ago as having been misused, misappropriated or simply stolen by county executives, should lay those doubts to rest. Unfortunately, most of the stolen wealth is concentrated in a few pockets. And then, this week, there were reports that government ministries somehow contrived to spend more than Sh66 billion without accounting for the money.

We are, indeed a potential economic powerhouse, but only potential. That is why some commentators take it with a grain of salt when told that Kenya is on the verge of economic take-off. How on earth is this going to happen when some people have perfected the art of stealing from the public purse with such abandon? Quite to the contrary, as the number of Kenyans at the bottom of the food chain keeps rising while those perched at the top keep scooping all the cream, this country will remain a basket case for eons to come.

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THINK AGAIN | Maina Kiai

# Ruling elite in Jubilee should worry about growing discontent in country



One wing of ruling coalition is confident of staying in power while the rest of the country is feeling left out

**“W**hat goes around comes around.” This saying was ably illustrated

when President Obama called out the opposition for seeking US support on governance issues, when just a few years ago, when they were in government, they were lambasting the US for raising very similar concerns. While President Obama mentioned the opposition leadership, this also applies to the ruling coalition, who a few years ago were desperately seeking US intervention but now that they are in power, lambast and insult it.

This is one of the most frustrating aspects of our political class: When they are in power, they attack critics who call them out for their messes. They act as though they will be in power forever and can't stand being called out, even when it is obvious that their corruption, greed, and killings are hurting the majority. But as soon as they leave power, they are the first to seek help and interventions from the very same people and organisations they were insulting and lambasting.

One reason for the arrogance of those in power is that they believe they have the election system so sewn up that they can never be declared the losers in the elections. And they work mightily towards ensuring that the election delivers — and not necessarily fairly, freely or credibly — the results they want, one way or the other.

Yet, a democracy is known by the fact that it has clear processes with uncertain results, while an autocracy is known by unclear processes with certain results.

Today, for instance, the ruling regime can't countenance the idea



President Uhuru Kenyatta

that the current IEBC should go, even in the face of the massive corruption — from Chickengate to BVR procurement. The fact that the chairman of the IEBC is on record — in the Supreme Court — declaring his open bias against one candidate is not enough. For to them in power, the issue is not the credibility and legitimacy of the election results, it is about the legality of being declared the victor, no matter what.

As we painfully know from 2007, this is the path that leads to divisions, conflict and tensions. And as we should know from 2013, this is what leads to tensions, ethnic frustrations and massive corruption.

Let's be clear: the relative calm after the 2013 election was as a result of the benefit of the doubt given to the IEBC and especially to the Supreme Court that then acted as safety valves to calm tensions.

But for 2017, we now know the IEBC for what it is — in their chairman's own words and with corruption galore — and the

Supreme Court's weak and ill-reasoned judgment destroyed its safety valve role.

In a way, we are in a similar position to 2006 after the first constitutional referendum, where the words and actions of the political class were so deep and divisive that it was clear we were headed downhill. The decision to unilaterally appoint the commissioners of the Election Commission was the final straw and protests were inevitable. Conversely, it was clear that the state would kill and maim peaceful protesters which then led to the violence and conflict. Incidentally, the harsh state response to peaceful protests is the main reason that Syria is in a mind-boggling conflict that has midwived the rise of ISIS.

In democracies, those in power govern on the basis that they could lose power. Thus they are often careful not to vest too much power in the Executive as that can come back to haunt them. But in Kenya, those in power work to accumulate as much power as possible — through security laws, centralised financial decisions and weakening devolution — despite the Constitution.

They should be careful. They should worry about the growing discontent in the URP wing, for instance, and imagine what would happen if the URP suddenly ascended to power. And they should worry, too, that their politics of exclusion, favouritism and corruption could lead to such vast discontent that not even a biased IEBC will help them.

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POLITICALLY CORRECT |

Kwamchetsi Makokha's sideways look at US leader's speeches

# Opposition licks its wounds after Obama's visit



**U**ntil last week's visit by US President Barack Obama to Africa, Kenya's opposition leaders had long postured as America's bosom buddies. Not any more.

These enemies of their motherland drank copious amounts of diplomatic hooch while whispering lies about the illegitimacy of their country's government; its corruption and its alleged dysfunction.

Their poison about the criminality of the leadership dissuaded American entrepreneurs from putting their dollars into the Kenyan economy.

Even when an electrical fault was burning down the arrivals lounge at the Jomo Kenyatta International Airport, or terrorists had taken siege of the Westgate Mall, or Al-Shabaab militants were slaughtering scores of Kenyans, opposition leaders were misadvising the American ambassador to maintain only “essential contact” with the legally elected government.

Well, they all got their answer when the leader of the free world came calling and told them off to their faces. For starters, Mr Obama had no truck with that ethnic navel-gazing that would have required him to visit his father's birthplace in K'Ogelo, Siaya, thus avoiding the accident of spending more than the 30 minutes with the tribal leader. Back in 2006 when Mr Obama visited Kenya, the unnamed opposition leader foisted himself onto the visit by claiming close kinship ties in order to host the visitor.

When Mr Obama was first elected President, the coalition government of Kenya declared a national holiday to celebrate his victory. Opposition leaders, who were then in government, began to entertain the notion that Mr Obama would help them to ascend to power because they shared his ethnicity.

This time round, there was none of that ethnic navel-gazing from Mr Obama as he hugged the President and his able deputy, backslapped and publicly danced with them in a pointed statement to an opposition threatening to boycott elections that they could go eat a hat.

The unpatriotic spying for and reporting to America would earn the opposition credit counted for nothing. The personal chemistry between the two presidents was palpable as they compared notes about their similarity in age and other quirks like writing with the left hand.

Continuous grouching about corruption, which Mr Obama acknowledged had been endemic in his Chicago home state, had sullied Kenya's image abroad and discouraged investors. Shorn of their hypocrisy and double standards in criticising ethnicity and favouritism, the opposition leaders were left clutching at straws to cover their naked ambition for power. Their hopes of America tightening the screws on the government by denying it much needed investment and aid went up in smoke when they were ordered to support the government.

Later, at the African Union headquarters in Addis Ababa, when Mr Obama spoke sternly to African leaders against clinging onto power long past their prime, opposition leaders who have been in the game for decades must have known that they were the real audience of his lecture.

It is a shame that it had to take a personal trip by Mr Obama to Kenya for the opposition to see the progress their own government is making in changing lives. America is putting its money where the government is.

Moreover, America has a great conversation going with the government, and the opposition is not invited. Mr Obama's public chastisement of the opposition provides a good opportunity for them to abandon their tired campaigns focusing on corruption, ethnicity and increasing the number of women in elected institutions, and instead focus on empowering the youth through the National Youth Service.

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DIFFERENT STROKES | Gabriel Dolan

# US leader tame, cautious on inequality

**J**omo Kenyatta claimed that the three scourges of independent Kenya were poverty, illiteracy and disease. Barack Obama told the first President's son that today's challenges are ethnicity, corruption and inequality.

So have we finished with Jomo's list and unearthed new issues or was President Obama merely pointing out that the root causes of all our ills from independence until today are fundamentally institutional and political? Put another way, the negative ethnicity, mega corruption and growing inequality in the country are a result of a succession of bad political and economic choices made by successive regimes, with the sole aim of maintaining their grip on power rather than creating a more just and fairer society.

It is fashionable, however, to speak of entrepreneurship and growth. But let's remember that growth only comes when citizens recognise opportuni-

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The Obama visit only touched on the topic of inequality but expect a much more robust challenge from Pope Francis”

ties and the government of the day makes it worthwhile and feasible to exploit those opportunities. In other words, the ideas come from wananchi but the government must create the institutional and policy framework that facilitates creativity and job opportunism.

The establishment of Huduma Centres is a positive move towards efficiency, accessibility and openness while offering a variety of services. They represent a new way of governance and service delivery. But much more is needed. The failure to implement

parastatal reform is indicative of a government that cannot distance itself from cronyism, ethnicity and political patronage. Most parastatals are overstuffed, unproductive and money guzzlers, but, like the duplication of the provincial administration, they are maintained to secure the regime's grip on the nation and to allow the favoured folk the opportunity to loot as a reward for loyalty.

Last week, the world saw Kenya at its shining, modern, digital best. There is much to be proud of but the growing inequality must be a serious concern for anyone who is the least bit patriotic. Pope Francis says that human rights are not only violated by terrorism and repression but by unfair economic structures that create huge inequalities. We must end this talk of closing the gap between the affluent and those expected to be satisfied with the crumbs falling from the *wabenzi* table. Francis says all

must benefit from the fruits of the earth to satisfy the demands of justice, fairness and respect for every human being.

There are 20 million Kenyans who have no place at the digital table. They must be sick and tired of hearing hyped media stories of the “growing middle class.” Nowadays the poor are the working class. Jesus may have regarded them as the salt of the earth, but in the digital era the working poor are not only subjugated to horrific working conditions, they are more and more being demonised by the establishment for not pulling themselves up by their bootlaces.

The Obama visit only touched on the topic of inequality but expect a much more robust challenge and more direct criticism from Pope Francis when he comes calling in November. Be warned and vigilant.

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POINT BLANK | Godwin Murunga

# He came and lectured us on things we already know, but I do not feel hurt



Obama openly rebuked politicians who are never consistent in their opinions

Before President Barack Obama departed for Nairobi, American talk show host Tavis Smiley interviewed former Assistant Secretary of State Johnnie Carson on the upcoming trip. Tavis, together with Dr Cornel West, are well-known critics of President Obama. Tavis pointed to President Obama's penchant for lecturing the black community in the US and regretted that he seems to have a base that supports him even when he talks down at them.

I know the sensitivity in Africa about being lectured by those who have presided over imperial powers. Indeed, both Uhuru Kenyatta and William Ruto mobilised that narrative in their fight against the ICC. In fact, they directed their arsenal against Johnnie Carson, who, as assistant secretary, dared to suggest that choices have consequences. It was interesting observing Kenyan leaders milling around President Obama.

Obama came and lectured us on everything we already know. Indeed, he lectured us like no previous president of the US has done in recent memory. From castigating corruption, nepotism and the persistently debilitat-

ing gendered and regional inequalities to nudging us on our commitments to human rights and democracy, Obama summoned both his filial ties with Kenya and his stature as president of the US to deliver tough love. It was interesting observing the body language of our leaders, a good many of whom have a totally inconsistent record on all of the above issues.

Of course, we all recall the moment with civil society groups when Obama referred to his response to an opposition leader who had asked the US to pressure the Jubilee government more. He reminded the leader that only a few years ago when he/she was in government, he/she had rebuked the US for interfering in internal Kenyan affairs. Many have referred to this to conclude that Obama endorsed the Jubilee government and that the opposition lost out completely. I beg to differ.

Virtually all our top leaders, be they in government or opposition, have a contradictory record of opportunistically engaging external actors where Kenyan politics is involved. I have made reference to the dismissals President Kenyatta and William Ruto sustained against



President Barack Obama and President Uhuru Kenyatta.

major western powers in their quest to be elected and their fight against the ICC. Theirs went the full hog of threatening to change Kenya's foreign policy to focus East.

But nothing beats the sight of Dr Alfred Mutua, he of the "junior Senator from Illinois" fame, firmly shaking Obama's hand. I would have given everything to eavesdrop on the small talk he was making with the former 'junior senator'. Dr Mutua makes me wish I had a formula on how to lose all sense of shame. But the one thing I now know is that excessive exuberance is a dangerous thing whether you blame it on blind ambition, youthfulness, or sheer stupidity.

And my hope is that there has been a lesson in this for opposition politicians like Moses Wetang'ula, whose recorded video dismissing Johnnie Carson almost went viral by Kenyan standards.

But what seems lost to Kenyans is the broad context that President Obama's rebuke points to. The inconsistency of our politicians emanates from their mobility. This mobility does not allow them to distinguish between the government and the opposition. Most are driven by raw power and nothing else; their desire is never to articulate a position but to jostle for raw power. The consequence is that they treat political parties like matatus, to borrow from Kiraitu Murungi's infamous analogy. Thus, it matters less what the politicians say, more where they stand at the particular moment when they speak.

Political "turncoatism" is the cancer that ails our politics. It is for this reason I am happy that President Obama spoke directly and firmly and did not seem unduly distracted by any appearance of speaking down to us.

Godwin Murunga is Senior Research Fellow, Institute for Development Studies, University of Nairobi.

MARK MY WORD |

Philip Ochieng

# English has no such word as 'prioritise'



Though this is a *Nation* column, I write it for all Kenyans, including those for whom *The Standard* is the preferred daily print medium. That is why I am perennially disappointed by the *Standard's* refusal to heed my frequent advice that the English language has no such verb as "to proritise". I refer to the follow-

ing headline on page 18 of *The Standard* of July 27: "Obama and Uhuru pledge to *prioritise* US, Kenya ties".

A highly opinionated reader once riposted through the readers' forum in the *Nation* that there was no statute to bar Kenyans and England's other language clients from inventing words and contributing them to that language. No, no such law has ever been imposed on any language. Monsieur Chauvin and other highly self-important Frenchmen once tried it against American phrases creeping into French.

But they merely caused international scorn and came miserably a cropper. Whenever a country is the source of certain important cultural commodities and the producer of such an impelling medium of culture convection as Hollywood and television drama, its language is sure to capture the youth's imagination in all countries the world over.

France is one of the few language communities which have officially complained of America's street culture — including dress modes and language — having invaded France. By contrast, Anglo-America has been remarkably open-door. English continues to freely ingest helpings from every language in the world.

In short, Kenyans are free to contribute to English not just words but, much more importantly, the ideas which such words represent. In this way, world languages contribute to one another all the time. Of course, depending on how they are situated on the line of exchange of world economic, political and cultural goods, some languages are better able than others to borrow words and ideas and are, therefore, much more influential worldwide.

The question, however, is: How can English contribute a word which it does not possess? Although the non-governmental organisations (NGOs) — our world's linguistically most challenged groups — are always urging their governments to "*prioritise*" something or other, the fact is that English does not have such a verb as "to *prioritise*".

The way our NGOs use it, to "*prioritise*" seems to mean "to give precedence to" in terms of protocol, place or time). The adjective *prior*, its root, means "previous" or "preceding" and is what has led to the noun *priory*, namely, a Roman Catholic house, led by a *prior* (for monks) and a *prioress* (for nuns).

Those who read books on the history of Western Christology are familiar with a Paris-based organisation called the *Prieure de Sion* (*Priory of Zion*), whose mission is to sell the idea that Western Europe is the place to which Jesus and his family fled Pontius Pilate's Judaea and that blood remnants called *Desposyni* still exist there, with a godly right to rule the world.

I have condemned the verb to *prioritise* umpteen times before. But a teacher with no punitive power has no choice but to keep trying.

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## QUOTED

"The inordinate delay occasioned for the last one month is grounding counties".

**Council of Governors chairman Peter Munya on the Treasury's failure to release funds meant for county governments**

GENDER PARITY | Fatuma Mohamed

# It is not yet uhuru for women in Kenya

During his recent visit, President Barack Obama clearly stated that for any society to progress, women have to be at the centre of it. For Kenyan women to play their role in development, four key issues — entrepreneurship, education, security and governance — need to be addressed.

Women must be given equal access to credit, markets and land. It has been demonstrated that a woman's ability to enjoy and exercise her human rights fundamentally depends on having her own income. Yet the economic opportunities for many women are restricted.

Kenya is an agricultural country and the sector accounts for 60 per cent of farm-derived income, with women contributing 80 per cent of the labour requirements. Yet, despite this significant contribution, only about five per cent of women hold property titles and an insignificant one per cent own agricultural land. Without land title deeds to act as collateral, women have limited access to credit.

Though the national government has tried to address this credit access issue by stipulating that 30 per cent of government contracts be awarded to women and youth and by starting the Women Enterprise Fund, more needs to be done.

“

Sociocultural attitudes continue to stereotype Kenya's women as incapable of undertaking leadership roles”

Discriminatory laws based on culture, such as the non-inheritance of land by women, need to be done away with.

Education can eliminate harmful traits of culture. Over the last decade, Kenya has made significant progress in education, achieving gender parity in primary school enrolment and near parity at secondary level. But concerns, such as more than half of secondary school-age girls not enrolled, persist. One of the main reasons for this sorry state of affairs is the high level of poverty.

In the security sector, the war against violent extremism can only be won with the involvement of women. Past efforts have left out women. We shall not effectively counter radicalisation when half of our population is alienated. Indeed, as Mr

Obama said, it is stupid to go to war without half your army! Women, for example, need to be more involved in the community policing programme.

Kenyan women have been left out of institutions of governance despite the fact that in 2000 the United Nations passed Resolution 1325, which calls for increased participation of women at all levels of decision-making.

It is not that women cannot make good leaders but sociocultural attitudes continue to stereotype them as incapable of undertaking leadership roles.

Article 81 (b) of the Constitution states that not more than two-thirds of members of elective public bodies shall be of the same gender. Despite this, Parliament has not achieved this requirement and is not even ready to put measures in place to achieve it despite a Supreme Court ruling to ensure its enactment by August 2015.

It is only when women have the freedom and capacity to reach their potential that Kenya will grow stronger. This is a truth that our leaders do not need President Obama to remind them.

Ms Mohamed, a gender expert, teaches at Egerton University. Fatuma.shukri@gmail.com





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# To the editor

The editor welcomes brief letters on topical issues.  
Write on e-mail to: [mailbox@ke.nationmedia.com](mailto:mailbox@ke.nationmedia.com)  
You can also mail to: The Editor, Daily Nation,  
POB 49010, Nairobi 00100.

## Our MPs have forgotten why they were elected

I am at a loss on the role of Kenyan MPs. I thought they were peoples' representatives in Parliament. I thought they would hold regular meetings with their people at the constituency level and take people's views to the National Assembly. But what do we see? MPs speaking their own minds on issues that are irrelevant to their constituents, following party leaders and coming home at night with loose Sh50 notes to issue to constituents. I remember the days of Martin Shikuku with nostalgia. Do we really need MPs? Do they really need the big salaries just to represent themselves? The less said about ward representatives the better.

ELLY OLOO, Nairobi

## Ban sale of ivory items to save our elephants

Outlawing the sale of ivory items is the only effective way to save elephants and rhino from extinction. Passing stern laws with long jail terms only scares off poachers, but it does not stop them. Current laws only target poachers and the traffickers, but it does not target dealers in ivory items, the root cause of poaching. To win the war against poaching, the world must ban the sale of ivory items. This will render poaching and ivory trafficking unprofitable. People engage in business because of availability of ready markets and the huge profits that they make, meaning if there is no ready market people withdraw from such businesses. With nobody to sell to, poachers will have to look for something else to do.

TYCHICUS OGOTI, Nairobi

## Cord leaders should stop criticising Jubilee

President Uhuru Kenyatta was at his best when he hosted US President Barack Obama last week. President Kenyatta was also Solomonian when he gave his response to the gay rights issue. I agree with him that the gay debate is a non-issue. Kenyans have bigger things to worry about than people's individual sexuality. I would urge opposition leaders to give the Jubilee administration a chance to complete its term in peace, seeing that the administration has received backing from the US government.

JAMALDIN ADAN AHMED, Mandera

## TALKING POINT

# Act now to end rampant cases of corruption in government

I have read the report by the Auditor-General and heard the concerns of Kenyans on the streets. All sorts of negative sentiments have been said about governors and the ministry officials whose counties and ministries were unable to account for state funds.

Of late, we have seen social accountability forums, from WhatsApp and Facebook groups to Twitter hashtags pressing the government to take responsibility for the mess. In as much as social media creates soft pressure that can lead to something bigger, mere talking, Facebook updates and tweets will not lead to change.

We must build our institutions that fight graft. The police department must be able to investigate and arrest suspects without fear. The Ethics and Anti-Corruption Commission's capacity must be enhanced to crush the so called "untouchables".

Citizens bear the greatest responsibility in the fight against graft and must be empowered through ethical teachings in schools. Community-based organisations and civil society at the county level must demand answers to the audit queries that affect their respective counties.



FILE | NATION

Auditor-General Edward Ouko. The latest report from his office reveals massive looting of public funds by state agencies.

To win the war on corruption, we have to devolve the fight and let citizens own it. The government and the people must come together to achieve this objective. Fighting corruption is not just good governance, it is self-defence. It is patriotism.

ALFRED MAKOTSI, Kakamega.

The stunning revelation of the misappropriation of billions of shillings by various government departments should be thoroughly investigated and appropriate action taken against the offenders.

Every so often, such reports have been left to gather dust on the shelves,

leaving the culprits free to steal public funds again. If the Jubilee administration is serious about fighting graft, this is the right time to take some action.

It really beats logic that even the Judiciary is also implicated in such scams. As we await action to be taken by the government, the revelations should not be politicised, as has been the case in the past.

Coming so soon after President Obama's call for the government to eliminate corruption and President Uhuru's pledge to purge the civil service of the vice, some deterrent action would be welcome.

EVANS MONG'ARE, Keroka

## Fight against corruption must start at the grassroots level

As the dust settles following President Barack Obama's visit, the reality of corruption dawns on us. This week Auditor-General Edward Ouko released a shocking report on how billions of shillings spent by various government departments and ministries cannot be accounted for. Obama's riveting speech at Kasarani was celebrated by everyone for talking about corruption as an enemy of development.

However, this war cannot be won unless we change the approach. Legislation alone is not enough. We need a change of attitude. Corruption is robbing our youth of jobs, denying our people good health and educa-

tion, denying us good roads and derailing our development.

Do we have a safe and accessible system to report corruption cases? Do the people know about the availability of the reporting system? And if we have one, are we guaranteed that action will be taken?

As it is now, we believe that corruption is only bad when it involves millions of shillings. But the truth is that Sh50 lost in bribes daily amounts to millions.

For this war to be won, the common man must own it. This war cannot be won by the EACC or the President alone.

RICHARD KIBET (Dr), Bomet

## THE CUTTING EDGE

BY THE WATCHMAN

**PROGRESS.** The face of Wajir Town is changing fast, thanks to the efforts of Governor Ahmed Abdulla and his team, says an elated Mohamed Abdi. The faraway region in the northeast of the country, which has been largely marginalised, he adds, is now implementing tangible development projects. Mohamed cites a 20-kilometre tarmac road, the first of its kind in the area, and modern markets at Stage Giriftu and Qorahey. Another is the opening of a Huduma Centre. His contact is [mosabdi2003@yahoo.com](mailto:mosabdi2003@yahoo.com).

**BUMPY RIDE.** Whose idea was it to erect rumble strips on the highways instead of bumps? asks Dr C.J. Mureithi. "Were the rumble strips researched about on their long-term health effects? They are not standardised for number and size." According to him, "it does not matter at how slow a speed you get over them to get your bones rattled. But one can comfortably drive over many of them at 50-80kmh. The worst of the strips are on Lang'ata Road, Nairobi." His contact is [mapavu@gmail.com](mailto:mapavu@gmail.com).

**ACHIEVEMENT.** The team of Kenyan scientists who have worked hard to come up with a vaccine for malaria deserve a big kudos, says Michael Mburu. He adds: "My only hope is that the vaccine will be effective since parasites are known to mutate to beat their enemies who are medicines and vaccines. This is a win for Kenya and other sub-Saharan countries, considering malaria is a leading cause (of) death among children and adults. (The) Ministry of Health should move with speed and start the process of immunisation." His contact is [mburumk@yahoo.com](mailto:mburumk@yahoo.com).

**WASTAGE.** Though agreeing that more walkways were needed on Nakuru Town's key streets, Hardad Macharia Kariamburi is not impressed with the workmanship. The pavements on Kanu Street, he adds, were poorly done, and parking lots needlessly removed. Also not paid attention to, he moans, is the drainage. "And where is room for future expansion? This is clear wastage of resources that could have been put to better use," remarks Hardad, whose contact is [hardardm@gmail.com](mailto:hardardm@gmail.com).

**WAR ON TERROR.** The Opposition leaders' appeal to President Barack Obama to help Kenya to withdraw its troops from Somalia is surprising, coming after the American leader's visit to our country recently, when he pledged his government's increased support to fight terrorism, says Kithinji Kiruja. He poses: "Didn't these leaders listen to the speeches by Presidents Obama and Kenyatta, in which they announced a joint plan of action, including scaling up counter-insurgency (efforts) against Somalia's Al-Shabaab?" His contact is [kithinjik@gmail.com](mailto:kithinjik@gmail.com).

Have a focused day, won't you!

## ON THIS DATE IN 1976



**WELCOME.** President Jomo Kenyatta welcomes Zairean special envoy, Mr Litho Moboti, who called on him to hand over a personal message from President Mobutu Sese Seko. The envoy was accompanied by the Zairean Ambassador to Kenya, Mr N. Kam-penga (left). — **Compiled by DELVIN OMWODO**

## YESTERDAY'S QUESTION

### How can Kenya Airways return to profitability?

**NYAGUDI MUSANDU:** The government should stop using KQ for non-commercial reasons like evacuations. It can easily afford C-17 or a C-235 aircraft.

**NDWIGA KOBUTHI:** Kenya

Airways needs government support financially and to ensure all public servants use the airline to increase its revenue. Other countries do this.

**OBED NYAMBEGA:** There should be a stringent audit of

all books of financial records so as to establish the root cause of decline in profitability. All culprits who caused the losses in the giant airline should be brought to book.

## DEBATE QUESTION

### Was education minister right to ban mock exams in schools?

Send your comments to [mailbox@ke.nationmedia.com](mailto:mailbox@ke.nationmedia.com)



# City Girl

With Njoki Chege

nchege@ke.nationmedia.com

She is bold, sassy and audacious. See it through her prism and ride the roller-coaster life of Nairobi's young and trendy.



## Why dating a white man will not take you anywhere

When a 'mzungu' woos you, he is not looking for love; he is looking for a sexual experience with a black woman

If you are on social media, you probably have come across the story of a young Kenyan woman who is allegedly being sexually assaulted by a white man in the US.

The young woman from Kisumu left Kenya to live with a man she believed she loved and that he loved her back, only to find that the guy had other plans. He has allegedly been sexually assaulting her, making her perform unorthodox sexual acts, even filming the sessions.

Many Kenyans sympathised with her. Not me. I feel nothing for that silly little girl who got exactly what she deserved. She thought marrying a *mzungu* was her ticket to fortune but she was miserably wrong. She knew nothing good comes from *mzungus* and, therefore, deserves the shame and embarrassment that the gross video doing rounds has caused her and her family.

How many times do Kenyan women have to be told to stop dating *mzungus*? Ok, I get it. Nobody has ever really told you why. Nobody has broken it down to you. Nobody has ever told you the truth about white men. I will.

**1 White men don't look for love in black women.** You see, when a *mzungu* woos you, he is not looking for love. He is not looking for a serious relationship or a marriage. He is not even looking for a soulmate. He is looking for a sexual experience with a black woman. He is looking to fulfil a lifelong fantasy.

White men — and many readers will agree with me — are very experimental. Most of them have grown up in all-white neighbourhoods, hence become curious on what a black woman would feel like, taste like, sound like. Having been with countless white women, he wants a change of diet, a snack before the main meal. You are that snack.

So, that tourist on a shoe-string budget or the expatriate with a weathered suit bought on sale from H&M is not looking to fall in love with you. He just wants to bed you and dump you. Get that into your brain, little bimbo.

**2 White men don't marry black women.** Proper, Ivy League-schooled and cultured young white men marry women who look like them. When an aristocratic young man from the United Kingdom is looking for a wife, he will find one that looks good on a Christmas card — a Kate Middleton.

When a young man from a powerful political family, say the Bushes, is looking to marry, black women don't stand a chance. A good-looking young *mzungu* doctor schooled at Johns Hopkins will sleep with a hundred black women, but he will marry a woman who looks like him.

Listen, young Kenyan women, educated and proper white men don't marry us. They don't go for a curvy black woman with thunder thighs, a sizeable posterior, Afro-kinky hair and a foul miss-know-it-all attitude. They marry delicate pretty blondes from proper suburban families, who have tiny wasp waists and thin thighs. The white men who marry African women are not the kind of men you'd normally marry if they were Kenyan. If he were Kenyan, you wouldn't even look at him twice. They are either old blokes with leathery skin living on benefits and pension, or young losers without much promise in the UK. Nobody cares who they marry. Black woman or white woman, it doesn't matter.

**3 Most white men are broke, anyway.** You see these tourists strolling the city in dusty rubber shoes, faded jeans and T-shirts carrying ugly backpacks stuffed with stale bread and maps? Or that tourist at that bar in Mt-wapa or Kilifi nursing a bottle of cold Tusker? That *mzungu* is probably not as wealthy as you think he is. Number one, wealthy *mzungu* tourists

don't mix with locals because, apparently, they think Kenya is a "hotbed of terror".

The really wealthy ones are holed up in exclusive villas in Malindi and Watamu and luxury tented camps down in the Mara. Most of them jet in quietly and are executively transported to their holiday destinations. You will never ever see them unless you are a waitress. And because you are a waitress, you are no worthier than the fly on the wall. He won't even notice you!

The *mzungus* you see in town hanging out at Bob's in Mombasa or at Mercury in Westlands, Nairobi, are not really as moneyed as you think they are. Most are the scum of where they come from. They are nobodies struggling to make ends meet in New York or London. They don't have proper jobs (they work as mechanic assistants and janitors in malls). They have saved every penny they can, denying themselves lunch to save up for their maiden trip to Africa. For most, this is usually their first trip out of the United Kingdom or America and they are not as exposed as you think they are. Some of those *mzungus* you salivate at and adore like demigods come from the remotest villages in North Wales, where they don't even have malls. *Hakuna kuan-gukia umeangukia!*

**4 White men are users.** Let's be honest. These white men you suffer for are not even worth it. Channel that energy to a proper Kenyan man. You see, that *mzungu* you leave your Kenyan boyfriend for, his great grandfather was a slave driver, and that mentality sticks throughout generations. So when a white man looks at you, he sees a slave.

He thinks of how you can work for him; how you can make him happy. He doesn't necessarily have to return the favour. He knows you are a desperate black woman. He is not stupid. He knows you think he is your ticket out of poverty and he will make you pay for every cent he spends on you.

That is why they ask you to do for them unorthodox sexual acts, and why they want to insert just about anything in your precious little pot and take pictures or film. They want value for their (little) money. And you agree to be a sexual slave to a *mzungu* who will dump you, anyway? Shame on you, for even looking suggestively at a white man!



### MINISTRY OF HEALTH

## THE PHARMACY AND POISONS BOARD

Ensuring safety, quality and efficacy of medicines

### PRESS STATEMENT ON SAFETY AND QUALITY OF VACCINES USED IN KENYA FOR NATIONAL IMMUNIZATION PROGRAMS

The Pharmacy and Poisons Board is the national medicines regulatory agency mandated under Cap 244 of the laws of Kenya to ensure that all medicines used in Kenya are safe, efficacious and of good quality.

All vaccines used for immunization programs in Kenya are sourced, imported, cleared, warehoused and distributed by the National Immunization Program. Such vaccines must meet the following requirements;

- The Vaccines **MUST** be prequalified by World Health Organization (WHO). Kenyan experts are involved in the process of WHO prequalification of vaccines.
- These vaccines **MUST** be manufactured from sites that are prequalified by WHO.
- These manufacturing sites **MUST** be inspected by the Pharmacy and Poisons Board (PPB) experts to confirm that the manufacturing facilities operate in compliance with current Good Manufacturing Practices.
- The scientific data (The Scientific dossier) on the vaccines is evaluated by a panel of experts at Pharmacy and Poisons Board
- The vaccines **MUST** be tested in a WHO prequalified laboratory.
- Release of any batch of vaccine manufactured is supervised by authorized government officials together with a representative of stringent regulatory authority after testing and a certificate of release is issued.
- Any shipment of vaccines into Kenya is accompanied by the following documents;
  1. Specifications of the vaccine
  2. The standard testing procedures
  3. The certificate of analysis from the manufacturer and country of origin.
  4. Certificate of batch release

This is to confirm that the above listed requirements are met.

At the port of entry, the vaccines are cleared by officers from PPB to check for compliance.

There is an elaborate pharmacovigilance system in Kenya for reporting any adverse drug reactions and poor quality products and is available in both public and private healthcare providers.

We wish to assure the public that the vaccine to be used in the polio campaign that kicks off on 1<sup>st</sup> August 2015 has met all the above requirements and is safe, efficacious and of good quality.

**DR KIPKERICH C. KOSKEI, OGW.**  
**REGISTRAR**

“

The white men who marry African women are not the kind of men you'd normally marry if they were Kenyan. You wouldn't even look at him twice.”



COUNTY NEWS >ROUND-UPS

Mombasa >  
Mauled baby’s body  
found in garbage heap

A week-old-baby was mauled by dogs roaming the streets of Kwashee in Mikindani. The baby’s body was found at a dumpsite in Kwashee early Thursday. Ms Kilima Maria, a resident, said she heard cries in the wee hours of the morning but they faded as daylight approached. When she went to throw garbage at the dumpsite site later, she saw dogs with a lesa and the baby’s remains, she said. An assistant chief ordered for the body to be buried. The mother had not been identified.

— Winnie Atieno

Mombasa >  
Ugandan trader in the  
dock over sandalwood

Two traders were yesterday charged with possessing sandalwood worth Sh3m. The Kenyan, Johnston Mwadime and Mr John Emonguluk, a Ugandan denied the charges. The court heard that they tried to export 506 bags of sandalwood, an endangered tree species. They were released on bond of Sh1.5 million each with one surety of similar amount. The case will be heard on September 15.

—Charles Lwanga



Tana River >  
Hospital to undergo  
Sh400m upgrade

The colonial-era built Hola Hospital is to undergo a Sh400 million upgrade. The funds are part of the Sh764 million allocated by the county government to healthcare. A Mother and Child unit, a maternity wing, two wards and a modern mortuary would be built at the hospital, said Governor Hussein Dado (above) yesterday at the end a week-long free surgery programme sponsored by Muslim medical professionals.

— Fatma Mzee and Galgalo Bocha

Nakuru >  
Embattled Baringo  
Speaker reinstated

The Employment and Labour Relations Court yesterday reinstated Baringo Speaker William Kamket. Judge Stephen Radido said the county assembly failed to give the former journalist-turned- politician a chance to defend himself against accusations that he was fanning violence. Earlier, the assembly protested the involvement of the court citing separation of powers.

— James Kariuki

Nakuru >  
Officer fit to stand trial  
in student killing case

A police officer charged with shooting dead a university student has been declared fit for trial. Former Maralal OCS Patrick Manyasi was also ordered to report to Nakuru Police Station for fingerprinting. Judge Maureen Odero made the orders when a report was presented in court showed he was fit to stand trial. She also ordered that he remain on Sh500,000 bond until October 15. It is alleged that on October 30, 2013, Mr Manyasi shot dead Laikipia University student leader Tom Rono Lokishorumongi during a demonstration.

— James Kariuki

Uasin Gishu >  
NGOs say smuggling  
costing Kenya dearly

Smuggling of goods on the porous Kenya-Uganda border is costing the country revenue. Civic bodies yesterday said Lwakhakha and Chepkube were the most notorious entry points. Muungano Empowerment Programme Coordinator Wilberforce Lumbuku said large quantities of contraband alcohol, sugar, rice, charcoal and fake batteries were being smuggled into the country.

— Raphael Wanjala

Turkana >  
Region wants children  
to get polio vaccine

Turkana county targets to vaccinate more than 195, 921 children in a campaign that starts today. The county is among 22 counties with 4.3 million children that are targeted in the third emergency round of the polio vaccination campaign. Most children in Turkana are located in hard to reach remote areas. County Health Deputy Director of Prevention and Health Daniel Esimit said 40 team leaders have been trained.

—Sammy Lutta

Kakamega >  
Oparanya on the spot  
over Sh200m bailout

The county assembly has demanded that Governor Wycliffe Oparanya provides a list of farmers he claims were paid from a Sh200 million bailout package for Mumias Sugar. The MCAs approved the allocation to help the firm pay cane farmers’ arrears. However, questions are emerging following claims by both the sugar miller and farmers that they did not get the cash. They have also asked the governor to publish the list. Mr Oparanya claims the money was paid to farmers through a private company, Mumias Distributors, a move the assembly is now alleging could be fraudulent.

— John Shilita

Kiambu | Mama Ngina gets honoris causa doctorate



Mama Ngina Kenyatta, President Uhuru Kenyatta’s mother was yesterday conferred with a honorary Doctor of Science in Entrepreneurship degree at the Jomo Kenyatta University of Agriculture and Technology for her contribution to Kenya’s independence and to the entrepreneurship sector. Family members, including Kiambu Women Rep Ann Nyokabi and former politician Ngengi Mui-gai a former Gatundu MP, were among the guests.

RAPHAEL NJORGE | NATION

Nandi >  
Three men die after  
taking illicit alcohol

Three people died and three others are hospitalised in Nandi County after consuming illegal alcohol. The men died at the Kapsabet County Referral Hospital after taking the brew at a local shopping. According to an eye witness, the victims complained of stomach ache and vomiting. Business was disrupted in Kapsabet Town as a mob almost set ablaze a vehicle transporting the alcohol.

— Tom Matoke

Marsabit >  
Regular power outages  
‘cripple’ Moyale town

Power blackouts in Moyale have crippled businesses in the region, a lobby said yesterday. Moyale Kenya National Chamber of Commerce and Industry chairman Ali Noor said businesses in the town have been hurt due to unexpected power blackouts. The town gets power from Ethiopia in a deal signed by the two governments. He urged the Ethiopian government to give notices before rationing.

—David Muchui

Marsabit >  
Safety net for needy  
residents launched

More than 1,000 needy people will be paid Sh2,500 every two months in a new social protection scheme by the county and Equity Bank. Governor Ukur Yattani said the county government had set aside Sh10 million for the programme, that cushions vulnerable residents from the effects of climate change. “Marsabit, the third poorest county, is experiencing drought and pastoralists are losing their only livelihood,” Mr Yattani said.

— David Muchui

Nyeri >  
Night fire destroys  
golf club’s property

A fire razed part of the Nyeri Golf Club on Thursday night. It started around 10pm, burning down a store, according to the club’s chairman, Mr Eddy Karumwa. Police and fire fighters arrived shortly after the fire break-out but the damage was already done. “Maintenance equipment were destroyed among them a tractor, green cutters and lawn mowers,” said Mr Karumwa, estimating that loss was worth Sh3.2 million.

— Nicholas Komu

Nairobi >  
28-year-old man’s body  
found hanging in room

A 28-year-old man was found dead in a room he shared with another man at a city slum. The incident took place around 8pm on Thursday at Mukuru-Hazina slum in South B. The body was found dangling from the roof of the house. The man was identified as Abdi Wako Ali from Isiolo County. He was a worker at an engineering firm in Industrial Area, according to his neighbours. The body was taken to City Mortuary.

— Sammy Kimatu

Kisumu >  
Firm warns against  
smuggled condoms

Kenyans have been warned against condoms being smuggled from Tanzania. Population Services Kenya Chief Executive Anthony Okoth said the “Salama” brand is meant for the Tanzanian market only but had found its way into Kenya. He warned traders smuggling the condoms that they risked arrest. “There are fears that fake condoms with the same name may have found their way into Kenya, exposing consumers to health risks,” Mr Okoth said.

— Everline Okewo

Murang’a >  
HIV infection rising  
among motorcyclists

HIV infection is on the rise among boda boda riders in Murang’a County. According to the county’s public health office, many of the riders have sexual relations with their customers instead of charging them for the services offered. A health officer, who is not permitted to speak to the media, yesterday said more young men who are joining the boda boda business are engaging in risky behaviours.

— Martin Mwaura

Makueni >  
Students on trial over  
attempt to burn school

A Makueni court yesterday started the trial of two students accused of planning to burn a dormitory. James Nyamai Kamau and Shadrack Muthoka Muasya were charged with attempting to burn a dormitory at Kathonzweni Boys’ High School on the night of July 21 and 22. They were each granted a Sh100,000 bond or a cash bail of Sh10,000, pending the mention of the case on August 13.

— Pius Maundu

Nyandarua >  
Speaker faults report  
on illegal spending

Nyandarua county assembly speaker Ndegwa Wahome has faulted the Auditor-General Edward Ouko’s report indicating that the assembly irregularly spent Sh200 million. He said the report was false and wondered why it was one-sided.He said they answered all queries raised but their replies were not reflected in the final report. Mr Ouko has also questioned the Sh161m for MCAs mortgage and car allowances.

—David Muchui



SATURDAY NATION

# Weekend



## A LOOK AT DOMESTIC VIOLENCE THEME IN GIKUYU MUSIC

Examining Murimi wa Kahali's *Momo* song and musicians who have tackled the same theme over the years.

Page 34

'WEEP NOT CHILD' @50 | Nobody bothered to critically question Ngugi's views on Mau Mau and language use

# Time to ask hard questions on Ngugi

Scholars did not utilise Ngugi's return to question him on his controversial ideologies during his many public appearances

BY EGARA KABAJI  
satnation@ke.nationmedia.com

Any time Ngugi wa Thiongo returns home, I always find myself remembering his 1965 short story 'The Return' in *Origins of East Africa; an Anthology of Short Stories*. In this story, he recounts the sad return of Kamau after years of incarceration in detention camps for his involvement in the struggle for independence. He arrives home to discover, to his delight, that River Honia, the source of life, still flows, but the village is no longer the same. Karanja, his compatriot in detention, had misinformed his people that he had died in detention. The villagers look at him as a ghost. His agony is compounded by the fact that his expectation of a hero's welcome is never realised.

To add insult to injury, his wife, Muthoni, had been taken away by Karanja. His homecoming becomes a moment of reflection and rededication to life and the future.

Why do I remember this story? Sometimes it mirrors Ngugi's own life story. His numerous visits to Kenya have not lacked in variegated sense of spectacle. The worst was when he arrived home with his wife only to be viciously attacked. That was, indeed, sad and shameful.

Ngugi is, no doubt, the father of the Kenyan novel. His influence on the growth of Kenyan literature is immense. I have always admired him since I was a high school kid. It was his boldness to face the warriors of primitive capitalism that endeared me to books and literature.

His trilogy of *Weep not, Child, A Grain of Wheat*, and *Petals of Blood* make bold statements about the struggle for independence and the aftermath. Apart from showing the effects of the war to ordinary villagers, Ngugi shows the destruction of family life and the unfulfilled expectations of Mau Mau fighters after the war.

In a strictly thematic sense, Mau Mau provides the core content of Ngugi's fictional works. The progression from *Weep not, Child* through *A Grain of Wheat*, *I will Marry when I Want*, *Devil on the Cross*, *Matigari* to *Wizard of the Crow* can only be seen along lines of structure, style and depth.

Simply put, the works explore people's unrealised hopes and the evil of the man-eat-man society that emerged after independence. We can almost say that Ngugi is fix-

ated with the Mau Mau. Is Ngugi's perception of Mau Mau's role in Kenya's history authentic?

With his return, I expected engagement of this subject once more. Are we building a society of hero worshippers who are not curious about discovering the hidden truth?

Fredric Cooper reminds me that Mau Mau is a politically charged topic and discussing it is a risky way of saying something about the present. The multiplicity of voices contesting the stated role of Mau Mau revolt in the struggle for independence have not only involved historians and creative writers, but also politicians and the general public.

There are two schools of thought on this subject. Some historians and creative writers have disagreed with Ngugi's interpretation of the role of Dedan Kimathi and Mau Mau in the struggle for independence.

Ngugi, Maina wa Kinyati, and their disciples in one school of thought claim that Mau Mau was a radical nationalist challenge to both colonialism and neo-colonialism. Historians including E.S. Atieno Odhiambo, William Robert Ochieng, Henry Mwanzi and their adherents read ethnic chauvinism in the exaltation of Mau Mau.

E. S. Atieno Odhiambo charged that the Kikuyu, whether historian or members of the political elite, want to control Mau Mau, to determine what is to be remembered and use the role of their group in the revolt to make present political claims. These are serious claims that require serious interrogation and not the cheap talk I saw around Ngugi's return.

Ngugi's other controversial position is that on the language of African literature. He argues that the continued use of foreign languages means that the black man is mentally enslaved to western norms at the expense of his own consciousness. The outcome is that he is disoriented or alienated from his reality. This is what he calls linguistic colonisation. He further argues that speaking the

language of the coloniser means existing for the coloniser. Obi Wali, a harsh critic who belongs to this school, has declared that African literature in European languages is only a minor appendage of European literature.

Another school of thought argues that African literature can use European languages to express African content. These scholars posit that African literature has to be written by Africans, use traditional themes from oral literature and African symbols. Many writers subscribe to this hybridization as a way of ensuring Africa's literary identity and unique contribution to world literature.

These scholars hold the view that though imposed on Africans; English language is now an asset to Africa for helping to foster continental and national unity. They say "it offers Africans an opportunity to speak of their experiences in a world language". Chinua Achebe belonged to this school of thought. Achebe and others who share this view argue that we should aim at fashioning out an English which is able to carry our peculiar experiences.

Here are two positions diametrically opposed to one another that should be debated.

Is writing in African languages the only way that will bring about a new beginning in African cultural social and economic life? Is modification of foreign languages the only way of producing African literature?

With these two questions, I part ways with these two schools. I think the literature we produce in whichever language must subscribe to certain standards and give hope and instill a revolutionary spirit for socio-economic development because our cultural diversity is a valuable asset and promote multilingualism.

We need not look at English as being synonymous with colonialism. We now have younger writers whose cultural ori-

entation is informed by present day realities in post independence Africa. My children, who are Kenyans of Kiswahili expression, living in a multi-cultural urban set up and who do not share my mother tongue have a world of their own. I cannot impose mine on them. A number of them have now picked up Gikuyu language which is the dominant language in my Ruiru East Sub-county.

That is why I propose a new paradigm shift on the issue of language. We need to ask ourselves what the needs of the African people are rather than get fixated with colonial experience. We have to write about African experiences. We have to write in celebration of our diversity so that we can appreciate ourselves and others with which we share Africa. I am advocating for what I call 'Critical Reconstructionism.'

This should be a new way of

writing that takes cognisance of the reality of our African situation. It has to take into consideration the history of the African child and the conditions of living. Africa is a continent in a crisis. We cannot accept to remain in this crisis for ever. We have to act now and the literature we write has to be the literature of reconstruction. We have to fill African peoples with hope and skills to steer society to a new level. We have to help Africans reconstruct their lives and that of their society. Our literature should advocate for dialogue and critical consciousness.

Critical Reconstructionism, as a theory, should help us focus on our experiences and instill the urge to take social action on problems of hunger, international terrorism, inflation, discrimination, ethnicity and inequality. In a sense, our writings should inspire the reader to be an agent of change and reconstruct ideals destroyed by bad leadership. This can be done in any language at our disposal including Sheng.

That is what I call Critical Reconstructionism.

Egara Kabaji is a Professor of Literary Communication and Deputy Vice Chancellor (Planning, Research and Innovation) at Masinde Muliro University of Science and Technology (MMUST) egarakabaji@yahoo.com

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Simply put, the works explore people's unrealised hopes and the evil of the man-eat-man society that emerged after independence. We can almost say that Ngugi is fixated with the Mau Mau. Is Ngugi's perception of Mau Mau's role in Kenya's history authentic?”





LITERARY DISCOURSE | Why the gay debate is not likely to die down soon

# Why I support Obama's view on the gay non-issue

Though Kenyans are coy about sexual matters, Obama was right to advocate for equal rights for all

BY EVAN MWANGI

I'm not the boot-licking type, but I can't imagine myself disagreeing with Barack Obama on anything, including the small 'non-issue' Kenyans didn't want him to talk about when he came around to see us last week: Same-sex affairs.

President Uhuru Kenyatta described gay rights as a non-issue in Kenya, implying that we have more pressing problems than same-sex desires. This is an argument we have heard before elsewhere, before civilisation caught up with the societies that once held the belief.

Of course, our intractable problems include corruption in Uhuru Kenyatta's government, megalomaniac land grabbing among his top-ranking government officials, tribalism in his appointments, and nepotism among people who wield power. Bribery almost everywhere you go for government service is bringing us to our knees.

The said non-issue is not likely to have publicly come up during Obama's visit were it not for questions by western journalists, part of a clique that tries to impose Euro-American sexual categories on us.

They probably don't even understand the danger in which they put the people they claim to be speaking on behalf of by raising non-issues and trying to paint us as homophobes, completely different from the paragons of freedom they want to paint themselves as.

These westerners should know that in Africa we don't have "heterosexuals", "homosexuals", "gays" or "lesbians"; we only have fellow human beings. We don't even have words corresponding to this particularly narrow-minded western manner of viewing fellow human beings.

It is the West that has brought such sexual categories to the likes of Yoweri Museveni. Therefore, the West is responsible for the homophobia that their apartheid-like compartmentalisation of human beings has brought in its wake.

Although it is not in this context that President Kenyatta declared homosexuality a non-issue (which it should be in a civilised society), my experience is that denial of any fundamental rights to anyone in society fuels corruption, intolerance, and under-development.

There's nothing foreign about same-sex desire. Unlike in the instances described in the Ghanaian author Ama Ata Aidoo's *Our Sister Killjoy*, the Nigerian J.P. Clark-Bekederemo's *America, Their America* or some of the mischievous essays by our own William Ochieng', since I went to America over 10 years ago, I've never been propositioned by a gay man.

Maybe this is because I'm not cute.

But since I came to Kenya for my summer holidays in mid-June, I have been hit on by at least 10 male strangers on Nairobi streets, some



of whom address me as "dude" (whatever that means) and saying they like my water bottle (I carry one these days).

I know some of these people are just petty thieves lurking in darkness around the Kenya National Archives in the evening, trying to make a quick buck out of a man who looks like an imbecile.

I'm also apprehensive that in a society where colonialists and the church have taught us to hate one another and ourselves, the bribe-collecting police can use perceived queerness to blackmail you. Could some of my aggressive admirers be like Frantz Fanon's Makoumè, Caribbean men who dressed like women but whom Fanon in a footnote in his *Black Skin, White Masks* believed to "lead a normal sex life"?

On a visit to my rural village, my father proudly revealed to me that he's writing a book on the customs of my great and God-chosen tribe, drafts of which describe the "non-issue" as un-African and thahu (taboo). But I suspect my old man's ideas are borrowed more from the Judea-Christian traditions of the Bible than the pre-colonial Kikuyu traditions he invokes.

Our dear old Jomo's *Facing Mount Kenya* (1938) also described same-sex practices as taboo among his Kikuyu people. But the anti-colonial nationalist that Kenyatta was even defended female circumcision in the book probably because missionaries opposed this rite of passage.

In claiming the non-existence of same-sex affairs, Jomo Kenyatta only wanted to showcase his Kikuyu community as completely different from the degenerate colonising Europeans.

In the cosmopolitan spirit of Ubuntu (respect for all humanity) that admirable Africans like Nelson Mandela and Desmond Tutu have espoused, African societies

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**You're not likely to hear homophobic statements from self-respecting and transformative black leaders like Mandela, Tutu, or Obama. Such statements come from petty small-brained individuals"**

Evan Mwangi

are egalitarian enough not to care about what law-abiding citizens do with their genitals in the privacy of their bedroom with a consenting adult human partner.

You're not likely to hear homophobic statements from self-respecting and transformative black leaders like Mandela, Tutu, or Obama. Such statements come from petty small-brained individuals who should not be anywhere near positions of power.

Obama is a great human being, a perceptive intellectual, and eloquent thinker. His *Dreams from my Father* ranks high among the best Kenyan literary works.

Obama's book should be read alongside such classics as Grace Ogot's *Land Without Thunder* and Ngugi wa Thiong'o's *A Grain of Wheat* to help us understand our innate fears, collective frustrations, and aspirations. It is the work of a master stylist and a keen social commentator.

The leader of the free world is a voracious reader as well, and I hope his hosts gave him some Kenyan books to read, not just local booze.

But having not read any of these works themselves, most likely the only artistic thing our intellectually

## WRITERS' CLINIC

## US leader's compelling narrative is a fairy tale

BY JOHN MWAZEMBA

"It was early October 2007 in Iowa, the drying stalks still stood in cornfields grown more precious in the age of ethanol, and far away, in the moneyed precincts of both coasts, Barack Obama's top donors were anxious. Despite having raised heaps of cash, he was trailing Hillary Clinton by more than 20 points in the national polls with only three months to go before Iowa's first-in-the-nation caucus. For the worriers, it was getting late. But for Iowa voters, it was early enough that many barely knew what to make of this biracial rookie senator and still muffed his exotic name".

These words, written by Alec MacGillis, capture Barack Obama's improbable quest for the American presidency. Obama's life narrative is transfixing. If it were a novel, it would probably be a detective novel with a riveting and merciless plot; unexpected twists and torturous turns that end with a heavy bang — leaving us breathless.

From the start, Obama's quest for the presidency was doubtful — a black man with a Kenyan father and an American mother and with a middle name 'Hussein' seeking the American presidency. His middle name, 'Obama', was easily confused with 'Osama', considered for a long time, America's public enemy number one until his death. With such a name, someone else would probably have given up. After all, they are used to people with names that sound Irish or Scottish.

However, Obama's life's narrative arc picked up speed when he burst into the national limelight with the dazzling intensity of a meteor. He wooed and wowed Americans. With his two beautifully-written books, *Dreams from My Father* and *The Audacity of Hope*, he swooned down and Americans swooned over his prose.

It has been argued in some quarters that not since J.F. Kennedy has a younger politician so captured America's imagination. However, Kennedy came from a dynasty.

As a brilliant American journalist once wrote, "If America had a Shakespeare, he would write the Kennedy story. He would understand immediately that here is all the stuff of human life, out-sized and compelling: Ambition, wealth, power, passion and love... He would see that this family's saga is the story of the whole American Century, distilled to archetypes. The striving immigrant. The ruthless financier. The noble idealism. The public's infatuation with youth and glamour...The cult of celebrity..."

After the Kennedy dynasty, American politics has been dominated by known names — the Bush dynasty and the Clinton juggernaut. The narrative arcs of Obama's life

sometimes are so jarring in their odds that it seems almost too good to be true. Indeed, in a way, Obama is the stuff of American folktales, just like the Kennedys. He is indisputably the self-styled 'King of Cool'. In fact, when exiting the presidential limousine in his black suit and sometimes black goggles, he at times looks a little too sharp and stylish, like a Hollywood celebrity.

The plot of his life thickened when then Senator Barack Obama was pitted against then prohibitive frontrunner, Hillary Clinton, for the Democratic presidential nomination. Hillary was a formidable opponent with a terrifying iconography, from corporate lawyer to First Lady and then to Senator. And she had the services of her husband, Bill Clinton, the consummate American politician and campaigner. However, Senator Barack Obama beat Clinton overwhelmingly in the Democratic presidential nomination, leaving her and her supporters stunned and gasping for air.

After the party nominations, then the suspense heightened when the rookie and unknown senator had to battle it for the American presidency with the Republican presidential nominee, John McCain, a decorated war hero and an accomplished political maverick as solidly anchored as a rock; threateningly unflappable and unmoving. However, it was Obama who proved the tougher nut to crack.

2008

**The year Barack Obama was first elected as president of the United States of America**

Obama's political fights are fought with surprising intensity and ruthlessness, reminding one of the words of a character named Jim Malone in the movie dialogue *The Untouchables*. Malone says: "They pull a knife, you pull a gun. He sends one of yours to the hospital, you send one of his to the morgue. That's the Chicago way". And President Barack Obama likes to say, "I am skinny but I'm tough. I'm from Chicago".

When President Obama entered the White House in 2008 with much aplomb, ululation and cheers, his life's narrative proved to be the stuff of which fairy tales are made of. His life at the White House — the bullet proof car, the cool plane (Air Force One) and the swift salutes are straight from the movies. His is indeed an inspiring story made sweeter for us because of its unique Kenyan roots.

The writer is the chief executive of Phoenix Publishers. johnmwazemba@gmail.com

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HOW I BUILT A POULTRY EMPIRE AT 23, P25



# Seeds of Gold

AUGUST 1, 2015

SATURDAY NATION

the weekly farming magazine

ALL YOU NEED TO KNOW ABOUT GROWING CAPSICUM PROFITABLY, AND USES OF THE MILD-FLAVOURED PEPPER, P27

## 10 products you can make from bananas

Kenyan who is leading a 'banana revolution' in Uganda on how you can make wine, juice, shoes — and much more money — from the crop P.28-29



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# Learn everything from goat rearing to

## GOAT REARING

I intend to keep goats in a place called Githumu in Murang'a. I need to know the best breed that can cope well with the environment and where I can buy them from.

**Sammy Kibe**

German Alpine or Toggenburg exotic breeds can perform well around your area. In particular, crosses of either breed with indigenous goat breeds such as the Small East African or Galla have been found to do well especially if the hybrid has about 75 per cent of the exotic genotype. Please contact the Dairy Goat Association of Kenya (for Alpine crosses) or the Meru Dairy Goat Association (for Toggenburg crosses) to link you up with individual farmers within their associations who can sell registered stock to you. The email addresses for the two associations are dgak@wananchi.com<mailto:dgak@wananchi.com> and merugba@yahoo.com<mailto:merugba@yahoo.com> respectively.

**Kimitei K. Ronald, Department of Animal Sciences, Egerton University.**

## LEARNING HOW TO DO PRAWN FARMING

I wish to start prawn farming. Advise on the best prawn breed/type and where to get the fingerlings.

**Joseph Munyua, Mombasa**



Prawn farming is a lucrative business along the coast of Kenya because of the great demand in the region. If raised well under intensive management, you guarantee high-quality prawns that will attract premium prices both locally and when exported. Breed selection is important for maximum investment return. Visit nearby KEMFRI branches for the Giant freshwater prawn, Scampi, which is widely adaptive or they will direct you on reliable fingerling sources. If you plan to raise using ponds, dig to a minimum of 2.5 feet deep, and a pond pH of 7-8. Lime application will boost plankton growth in the pond and assist in disease control. As the prawns grow, maintain pure water and observe oxygen levels for good pond aeration and protect the ponds from predators and intruders. On feeding, you can prepare your own feed by mixing animal or vegetable raw materials or feed on commercially available prawn feeds.

**Felix Akatch Opinya, Department of Animal Sciences-Egerton University.**

## SOURCING FOR BEST DAIRY CATTLE BREEDING STOCK

I am interested in starting dairy farming and I would like to know where to get pedigree dairy cows. I'll raise the cows under a zero-grazing unit. I will prefer to start with five Ayrshire grade cows. I come from Kapkatet, Kericho County.

**Wilson Mutai**

It is always advisable to source dairy cattle breeding stock from reputable breeders keeping authentic records of their animals since you will be guaranteed on the class of the animal you intend to purchase. You can contact Egerton University's Ngongongeri farm, the Eldoret Polytechnic farm or the government-owned Agricultural Development Corporation (ADC) branches at Lanet and Kitale to source pedigree dairy cows. Alternatively, you can also inquire from private Ayrshire cattle breeders around your region such as Gogar dairy farm in Rongai or Makongi farm near Eldoret. Remember that with pedigree cows, good husbandry practices are required and you may need to go for a short course training on dairy cow management or consult an expert to help you especially if you don't have prior management experience.

**Kimitei K. Ronald, Department of Animal Sciences, Egerton University**



Kenya Seed Company's Product Promotion Officer Albert Sumba exhibits a high-yielding tomato variety at the Kisumu Agricultural Show yesterday. Local and international exhibitors are attending the show that ends tomorrow.

**TOM OTIENO | NATION**

## WHICH PLANTS CAN MY PIGS FEED ON?

I want to start keeping pigs. Educate me on fodder beet. Is it good for pigs and where I can get the seeds? What's the process of planting?

**Wambugu**

The leaves and roots of fodder beets provide high nutritive livestock feed rich in energy; hence complement similar feed sources such as cereal grains. They are fed to all livestock species especially pigs because of tubers and are mostly used for fattening purposes. They do well in cooler climates, fertile soils and need long growing seasons of about 6-7 months. It is best to use treated seeds at the rate of 5-10kg/ha. After establishment, proper weed and pest control should be observed until they are ready for harvesting. During harvesting, dig the root carefully out of the ground and clean well before feeding. In dairy farms, the roots are first chopped before feeding to increase palatability while pigs can just feed on them. The leaves are best fed on after wilting or can be ensiled if harvested in high quantities. For seeds, inquire from KALRO branches or Kenya Seed stores around your area.

**Felix Akatch Opinya, Department of Animal Sciences-Egerton University**

## MAKING CHICKEN FEEDS AT HOME

I plan to start making chicken feeds using locally available materials because of the high cost of commercial feeds. Kindly advise me on how to go about it.

**Nancy Talam, Eldoret**

Making poultry rations will depend on the type of materials you are able to acquire. For energy sources consider maize, wheat bran/pollard

while for protein consider cotton and sunflower seed cakes as plant protein, and omena as animal protein. The ration will also require mineral supplements such as limestone flour and salt, and premixes as vitamin supplement. Once you have identified the materials you are able to acquire contact the Smallholder Indigenous Chicken Improvement Programme (incip) to get advice on the mixing ratios of the materials. Contact (email): info@incip.org or Tel: +254 51 2217684/5 Sophie Miyumo, Department of Animal Sciences, Egerton University

**Bockline Omedo Bebe**  
Professor of Livestock Production Systems  
Expertise: Value chains, Agricultural innovation systems, M&E, Climate change adaptation Department of Animal Sciences Egerton University Box 536 -20115 Egerton, Kenya Fax +254 51 2211113

## GROWING FODDER

Thank you for the advise you are offering to farmers. There is this fodder called brachiaria grass from Brazil that is being grown in some areas in Kenya. Can you please shed some light on it? Please let me know how I can get the seeds. I am in Kinangop in Nyandarua County.

**Peter Mwangi**

There are many varieties of



Brachiaria grasses. Unknown to many, however, these grasses are native to Africa but spread to the Americas and Australia where they have been improved through crossings and are now one of the most widely cultivated forages. They possess an inherent ability to grow in drought and marginal soils thus making them ideal forage for arid and semi-arid regions. Brachiaria grasses are quite palatable and nutritious for livestock and increase both milk and meat production. They are good for the environment owing to their ability to enhance nitrogen-use efficiency, sequester carbon, reduce greenhouse gas emissions and ground water pollutions. Please contact KALRO Katumani to enquire about seed availability.

**Kimitei K. Ronald, Department of Animal Sciences, Egerton University**

## HOW OFTEN SHOULD I VACCINATE POULTRY?

How many times should I vaccinate a batch of poultry from day-old to maturity? And at what intervals? For layers, broilers and kienyeji going with the vaccination procedure for Newcastle, gumboro, fowl pox and fowl typhoid.

**Stephen Mukodo**

For the first month of the brooding period, vaccinate all birds against Newcastle on the seventh and 21st day and Gumboro on the 14th and 28th day. Thereafter, for layers and kienyeji vaccinate against fowl typhoid on the ninth week and fowl pox on the 18th week just before laying commences at 20-24 weeks. Fowl typhoid and pox do not apply in the case of broilers because by the eighth week they are ready for market.

**Sophie Miyumo, Department of Animal Sciences, Egerton University**



## HANDLING INCUBATORS

My name is Bryan Huthu and I'm interested in contract farming. Which company offers contracts on mushroom and watermelon farming and which process does someone need to follow to get contracted?

Thank you Bryan, may we know where you come from so that you can be connected to those around your place. More import on this is that if you want to do contract farming on mushroom and watermelon, first consider finding a market before you actually start. If you give us your location, we may be able to assist you.

**Peter Caleb, Crops Horticulture and Soils, Egerton University**

I want to start hatching and rearing kienyeji chicks. I need some training on incubators, handling and rearing of young chicks, feeding ratios, changing of feeds, vaccination, and favourable structures.

**Felix Bett**

Artificial incubators regulate the temperature and humidity automatically once these have been set accordingly; day 1 to day 18 the temperature is set at 37.80c and humidity at 60-65%, then 3 days prior to hatching adjust the temperature to 37.50c and humidity to 70-75%. Upon hatching of chicks, transfer the chicks to deep litter brooder (Use wood shavings as litter material and cardboard to make a circular brooder) and provide supplemental heat using either infra-red bulbs or stove hover for 4 weeks. During the 1st week provide chick formula (to boost immunity), glucose (for energy) and liquid paraffin (to clear their digestive system). Feed chick mash for 8 weeks at the rate of 35-75g/chick/day increasing the amount gradually. Vaccinate the birds against New Castle and Gumboro on the 7th day and 21st day, respectively.

**Sophie Miyumo, Department of Animal Sciences, Egerton University**

## I WANT TO KEEP RABBITS

I want to invest in rabbit farming but my problem is market. Is there a market in Nakuru? Please advise.

**Kingstone**

Market is a key area of consideration to enjoy the benefits of your investment. The best way to guar-

## ASK THE EXPERTS



**Prof Bebe**



**Prof Kimurto**

Do you have any question or enquiry on agribusiness, marketing, logistics, processing, innovation, and technology? Our pool of experts from Egerton University will respond to your questions with proper advice. Please send your questions to: [satnation@ke.nationmedia.com](mailto:satnation@ke.nationmedia.com). Read us online at [www.nation.co.ke/seeds\\_of\\_gold](http://www.nation.co.ke/seeds_of_gold)



# poultry vaccination

## GRAFTING

I need the contact of Carol Mutua, Department of Crops, Horticulture and Soils, Egerton University.

Abdi

**EDITOR:** Write to the expert via [carolmutua713@yahoo.com](mailto:carolmutua713@yahoo.com)

## BODA BODA POULTRY FARMER

I read the article on Gerald Bwire, the boda boda man keeping chickens with keen interest. I wish to kindly request for his contacts since I want to buy chicks from him.

**EDITOR:** Please talk to Bwire on 0729011522.

## GROWING COMMERCIAL HAY

I am a small-scale farmer interested in hay farming. Please send me more information on seeds and how I can join the forum.

Fred Muriithi, TSI Central

Please share the contacts of Noah Chemirmir, the hay farmer from Nakuru.

Githuku

**Editor:** The farmer is available on 0710289933.



## FARMING WITHOUT SOIL

Please connect me with Lister Kinuthia, the Kiserian farmer. I am interested in soilless media.

Margaret Mwaura

**EDITOR:** Lister can be reached on 0721368805.

## BATTERY CAGE SYSTEM

Please assist me with the contacts of Chirchir, the poultry farmer whose story was covered in *Seeds of Gold*. I need his guidance on setting up the chicken battery cage system.

Farmer

**EDITOR:** Talk to Chirchir on 072222195.

## POULTRY GROUP

My communication regards the story on Great Women Self-Help Group. We have a community-based organisation in Waithaka, Nairobi, where we breed free-range chickens for meat and chicks. We kindly need to get in touch with the group.

Martin Mbogo

**EDITOR:** Please reach the group through Sophie, the writer, on 0724904397.

## BANANAS

Please share the contacts of the banana farmers in Nyeri County who add value to their produce.

Wambui

**EDITOR:** The chair, Ruga, can be reached through our reporter on 0724014177.

antee a market for your rabbits is to get involved in rabbit contract farming. Several organisations that work with farmers in contract rabbit keeping include Alcare Group, Rabbit Republic and the Rabbit Millionaires Project. Supermarkets and hotels in Nakuru also offer alternative places to sell your rabbits. These market channels will always come for your rabbits provided you do serious rabbit keeping under standard management. You can also sell directly to customers or to butcheries.

Felix Akatch Opinya, Department of

Animal Sciences, Egerton University

## CAN I KEEP RHODE ISLAND CHICKENS?

I am a chicken farmer based in Nairobi. Enlighten me more about the Rhode Island breed and how I can make profit?

Elkana

The Rhode Island chicken breed, especially the Rhode Island Red, offers you options for increasing your profits. This dual-purpose

chicken breed is very hardy and has an adaptable wide feeding regime. If well managed, you will have plenty of eggs to sell considering its good rate of lay compared with other dual-purpose chickens. Their size and conformation make the birds good for eating; which provides another option for sale and hence offering wider profit margins.

Felix Akatch Opinya, Department of Animal Sciences, Egerton University

## ALTERNATIVES » USE LOCALLY AVAILABLE MATERIALS

# How to make pig feeds on the farm

**We show you how to make different fodder and how to feed the animals**

By Peter Kamau  
[satnation@ke.nationmedia.com](mailto:satnation@ke.nationmedia.com)



# 80

The percentage of all animal production costs that feeding takes

Keeping pigs is becoming difficult for many farmers due to the high cost of feeds. The feeds take up to 80 per cent of all production costs.

A 70kg bag is now selling at an average of Sh3,400. Farmers must therefore find alternative ways of making feeds to cut costs. Here are the options:

### Making silage from sweet potato vines

This feed is nutritious if well prepared and preserved. To prepare:

► Cut the vines and spread them to dry in the sun for about 30 minutes.

► Chop them into tiny pieces and mix with 10kg of maize germ or pig growers mash.

► Sprinkle ½kg of mineral salt and mix thoroughly.

► Put the chopped vines in an airtight 250-litre plastic tank as you compress to remove air spaces.

► Let it stay for 14 days to improve quality.

► When it has a sweet smell and has turned yellow, it is ready.

Offer the silage to pigs aged four months and above before or after feeding their daily rations. The sweet potato silage can help a farmer cut costs by 30 per cent. Other sup-

plementary feeds include sukumawiki (collard greens), cabbages, lucerne, amaranth (terere) leaves, avocados, pawpaw and bananas.

Kitchen leftovers can also be offered to pigs but to avoid contamination, a farmer can warm the food to kill disease-causing organisms.

### Feed formulation two

Ingredients: 48kg of maize germ, 12kg of pollard, 12.5kg of soya cake, 7.5kg of fishmeal, 0.75kg of lime, 1kg of bonemeal, 125g of salt, 150g of lysine, 150g of feed premix and 300g of zinc.

This ration has a digestible crude protein content of 22.3 per cent and can be given to pigs at all stages of growth. Put the ingredients in a feed mixer and mix thoroughly before you offer your animals.

Now to feeding the animals:

### Piglets

They get all their nutritional

needs from milk, thus, they do not take much in terms of solid feeds. To ensure the piglets get enough milk, give the sows adequate and balanced feeds. Three weeks after birth, the farmer should castrate all male piglets and start to train them to eat solid feeds.

Suckling piglets should also have their sharp teeth clipped, three days after birth to prevent them from injuring their mother. As they grow, isolate the piglets from their mother and offer them 50g of feeds each per day. Increase the amount as they grow.

The piglets should always have access to their mother in case they want to suckle. They should also have access to clean water.

### Weaners

At six weeks, each piglet should get 200g of feeds each a day. Increase the amount of feeds as the animals grow.

The farmer should weigh the pigs weekly (a healthy pig at this stage should add at least 900g daily).

Weaners should always get dry feeds to prevent scouring

CONTINUED ON PAGE 30



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REAPING BIG» THANGWA IS EXPECTING AT LEAST SH450,000 IN DECEMBER WHEN HE MAKES THE SECOND HARVEST



Karungo wa Thangwa after harvest of sweet potatoes from his farm in Ngewa, Githunguri, in Kiambu County. ERIC WAINAINA | NATION

# Why I'll never leave my sweet potatoes

**Kiambu MCA discovers gold in tubers after successful trial, plans to commit more land into growing the crop**

BY ERIC WAINAINA  
AND RACHEL KIBUI

**S**atnation@ke.nationmedia.com  
Smoke billows from one of the farms in the sloppy Ngewa Village in Githunguri, Kiambu. We draw closer and find Karungo wa Thangwa, the area MCA, boiling some of the sweet potatoes about 20 young men are still harvesting. He will later rush to the county assembly in Kiambu Town for the afternoon sessions.

Some of the young men are busy ferrying the potatoes to a central point, where a buyer is waiting as others continue harvesting them.

"I was in Kirinyaga and saw how buyers from Nairobi and other towns were scrambling for sweet potatoes. The farm price was good and I decided to try it," Thangwa says.

He leased land and planted the Bungoma type, a conventional type

of sweet potato, in less than an acre of land. The red potatoes are said to be rich in vitamins. The crop is popular because it grows faster and has more yields.

"I bought the cuttings in Kerugoya for Sh5,000 and planted them," says the former broadcaster.

After three months, Thangwa, with the help of farmers in Kirinyaga, got a buyer and struck a deal. He would sell all the sweet potatoes on wholesale. He sold the 70 bags he had harvested for Sh3,500 each.

Stephen Mureithi, the principal at Waruhiu Agricultural Centre in Githunguri, says if well cultivated, an acre can produce up to 40 tonnes of sweet potatoes within three to four months. The crop, he says, has minimal expenses in form of inputs.

"You do not even use manure or pesticides. You only need to follow

the expert's advice when planting. You must also water and prune," Mureithi says noting the demand for sweet potatoes in the county is growing fast.

"Many companies are now adding value to the potatoes, including fortifying maize and wheat flours."

After the success of the first attempt, Thangwa has decided to go full scale. He says he'll plant the potatoes on at least one-and-a-half acres. "I am working with experts to ensure I do everything right," he says.

"I am targeting not less than Sh450,000 in December when I will be making my second harvest."

"It's a venture I can encourage the youth to get into. It's not tiresome or time consuming, does not require a huge piece of land or too much capital and returns are also good," he says.

"The lowest a bag can fetch is Sh2,500 and the market is ever available," Thangwa told *Seeds of Gold*.

He adds: "There is a ready market, especially in Nairobi, where traders are currently buying the potatoes from Kirinyaga and western Kenya. They would like a source that is close

## 245,000

**Amount of money Kiambu MCA Thangwa realised from the sale of sweet potatoes on the first attempt**

CONTINUED ON PAGE 30

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CAUTION» ONE NEEDS A RELIABLE SUPPLIER OF FEEDS BECAUSE SOME OF THOSE IN THE MARKET MAY BE CONTAMINATED

# How I built a thriving poultry empire at 23

**All-round Kisumu farmer Immaculate Ochieng rears chickens, makes poultry feeds and sells eggs**

By EVERLINE OKEWO  
satnation@ke.nationmedia.com

Matatus, boda boda riders and heavy trucks are competing for the little space left by earth movers constructing the Kisumu-Busia highway. We manage negotiate our way to Tiengre Shopping Centre, a 20-minute drive from Kisumu Town.

From here, one can see Kit Mikayi rock, a famous tourist attraction to the north and to the east, aeroplanes are landing and taking off from the Kisumu International Airport.

We are looking for a young farmer who has set up a poultry empire here. He name is Immaculate Ochieng and her farm is called Green Farm.

We find her busy tending to her birds when we arrive. Her little child tucked firmly on her back, Ochieng, 23, goes about her business in her poultry farm with ease. She puts more layers mash in the feeding troughs, collects eggs and cleans the water cans.

She has 700 kuroiler chicken, 200 of which are cockerels and the rest hens. "I sell eggs and birds for meat and hatch chicks. I have been doing this for over three years now," she says.

Ochieng started chicken rearing as a hobby in 2012. She bought a 60-egg incubator using her 'chama' savings. She also bought two crates of eggs at Sh1,800. Through the support of her husband and the Mazingira Youth Group, of which she is a member, her business has expanded.

Ochieng is an all-round farmer who is carving a niche in the business as she works on her dream of building a poultry empire.

She also makes poultry feeds using a machine called drum mixer that she owns. Her chickens eat the feed and she sells the rest to other farmers.

Ochieng has a 3,000 egg-incubator for hatching eggs for sale. She also offers brooding services to farmers.

"I started this business after getting tired of being a stay-at-home mum. I talked to my husband and he agreed to support me. He bought the birds and built the poultry coop. I later bought the incubator at Sh44,000 and the feed mixer."

The farmer collects 860 eggs every two days. From this, she keeps 350 for hatching.



Immaculate Ochieng tends to her chicken at Tiengre village in Kisumu County. Below: She is feeding the chicks.

EVERLINE OKEWO | NATION

## QUICK READ

### WHY EGGS MAY FAIL TO HATCH AT TIMES

They may be infertile or have over-stayed. It may also be due to failure to control incubator settings or the machine may develop mechanical problems. Power blackouts may also affect hatching. Diseases affect the embryo. This include the infectious bronchitis which may affect the fertility. Poor mating is also another key factor.

She sells unfertilized ones at Sh330 per crate and the fertilised ones at Sh900. "I put the fertilised eggs into the incubator after every seven days to ensure I have chicks all the time."

For brooding or vaccinating chicks services, she keeps them in the brooder for several days and feeds them. The charges depend on the age of the birds but ranges from Sh130 to Sh240 a chick a week. Brooding month-old birds attracts the highest fees.

She says many farmers buy three-week old birds because they are easy to manage as they have been vaccinated. She sells between 300 and 500 chicks every week.

She sells mature cocks at Sh1,200 and hens at Sh1,000. She disposes of the cocks at four months at Sh500 to avoid inbreeding. If she does not get a ready market, she separates them from the rest and waits for them to mature and sells for Sh1,200.

"I market my products through *Seeds of Gold* and free online classified websites," says Ochieng. She is also studying online at the University of the People, California, US. To make feeds, she buys maize germ,

sunflower and cotton seed cake, pollard, grounded shells and salt (iodine) from dealers in Kisumu. She says salt is important because lack of it in feeds or diet may result to bird diseases.

A 50kg bag of maize germ retails at Sh860 while pollard goes for Sh1,050. "It is advisable to have one reliable supplier to buy the ingredients from for accountability. Besides, some of the ingredients sold in the market are contaminated and may affect the chicken," says Ochieng. She researches widely on poultry farming on the internet.

For shells picked from the shores of Lake Victoria, she gets a kilo at Sh25 from a supplier in Ahero market.

"I have no problem balancing between studies, my family and rearing poultry. I submit my assignments every week which gives me time to concentrate on poultry and family."

"As a married woman, when I received visitors, I would prepare chicken for them. That's why I started rearing the birds," says Ochieng.

However, it has not been all rosy. Only 28 eggs out of the two crates she started with hatched. "By then, I had no idea that there was something like a candler to determine whether the eggs are capable of hatching."

Poultry farming has taken her far. She

recently travelled to Israel to learn from farmers there. The trip was sponsored by the UN Women, which equips them with leadership skills.

Jackson Achila, a poultry consultant in Homa Bay at Blue Bound Farm, says common poultry diseases are Newcastle, infectious bronchitis and gumboro, fowl pox, fowl typhoid and salmonella.

"When birds are confined in one place, these diseases may break out. However, these dis-

eases can be managed through vaccination."

He says it's important to keep records of all birds especially the parent birds so that the farmer keeps track of the diseases they have contracted.

He advises farmers not rely on internet alone because they can be misled. "Unless it's a site that gives the opinion of a well-known poultry consultant, then be cautious to use the information."



**I STARTED THIS BUSINESS IN 2012 AFTER GETTING TIRED OF BEING A STAY-AT-HOME MUM. I TALKED TO MY HUSBAND AND HE AGREED TO SUPPORT ME. HE BOUGHT THE BIRDS AND BUILT THE HOUSE. INITIALLY, I TOOK IT AS A HOBBY,"**

— Farmer

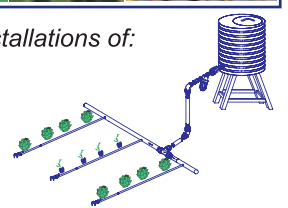
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## Outside the box

Advice | **Alternative****Large-scale hay farming can solve dairy feeds problem**

BY JANE BIAHARA  
satnation@ke.nationmedia.com

Most people are shying away from dairy farming for various reasons. Other than the fact that they do not have enough land to support the venture, the cost of animal feeds is also prohibitive. Farmers are not reaping maximum profits because animal feeds are either expensive or substandard. Farm inputs are also expensive. All these affect dairy production.

This is despite the fact that more Kenyans are consuming dairy products than before. Other than fresh milk, consumption of yoghurt is also on the increase.

The problem has been compounded further by continued subdivision of land as the acreage under dairy farming continues to decrease.

And as you would expect, this will encourage importation of dairy products yet the local sector, if well managed, can comfortably satisfy the domestic market while offering employment to thousands of Kenyans.

So what must we do to counter these challenges and expand the dairy sector? We need to address the issue of animal feeds which take up to 80 per cent of all production costs. Dairy farmers must access enough feeds for their animals through enhanced production of fodder which can be achieved through commercial hay farming.

We need to encourage investors to go into commercial farming of hay so that farmers are not discouraged. It is however unfortunate that only those with huge tracts of land can make good profits from production of hay. But all hope is not gone. There is a lot of idle land that can be used for production of hay.

So what must one consider before venturing into the production of quality hay? To start with, one must have enough land of up to 300 acres to engage in profitable production of hay. Small scale production of hay will consume a lot of resources but the yields will be low. But even with 50 or 100 acres, one can still venture into this area that has not been exploited fully.

Also, just as is the case with any other agribusiness, you will also need high quality seeds to venture into commercial hay farming. Quality seeds are a guarantee to production and one must know where to purchase them from. You must know which seeds are good for which climate and soil. Poor quality seeds germinate slowly or may not germinate at all. Research has shown poor seeds are the main obstacle to commercial hay farming.

In addition, the farmer must work with extension officers from the onset. Failure to seek professional advice has been the failure of many farmers. Extension officers will carry out tests on the soil to ascertain, among others, its fertility and help you decide the best seeds to plant as well as the fertilizer to use.

A farmer must also be ready to invest in the required farm machines, including tractors and balers because human labour is not sufficient for large scale farming.

Then the farmer must also be enabled to get the market for the hay, through advertising or seminars that would link him to dairy counterparts. Research shows Kenya currently requires about eight million bales of hay each day, meaning hay farming is the way to go for enhanced dairy production.



A worker prepares hay for at a shop in Molo, Nakuru County on May 4. JIMSON NDUNG'U | NATION



James Mwaniki filling one of his fish ponds with water in his greenhouse in Runyenjes Town, Embu. ALEX NYAGA | NATION

**HIGH YIELDS» NEW PONDS HOLD MORE FISH AND DO NOT NEED A LOT OF LAND**

# Floating fish ponds come in handy for small plots

BY ALEX NYAGA  
satnation@ke.nationmedia.com

**Runyenjes farmer uses new technology that is turning fish farming around**

James Mwaniki is busy cleaning fish ponds in his greenhouse in Runyenjes Town. However, these are not your usual fish ponds dug out in the ground. These ones are made of wood and polythene papers, and are raised a few feet from the ground.

His fish farming journey started early last year. However, Mwaniki encountered a unique challenge that got him thinking. He says most of the fish died due to cold weather. But that was not the only problem, he had predators, including birds and dogs to deal with. The ordinary fish ponds also took a lot of space.

Mwaniki, who holds a diploma in Mechanical Engineering from the Railways Training Institute in Nairobi, says he went to the internet and started researching.

"I started researching on the best practices in fish farming. I discovered one can actually rear fish in raised ponds which does not take a lot of space and quickly tried it out. It is working," he adds.

He says the ponds hold more fish than the ones dug up in the ground. They also make it easier to harvest.

"The fact that the ponds are also kept in the greenhouse also means predators are kept at bay," the 39-year-old father of two told us when we visited his farm this week.

The polythene liner holds the water while the wooden material insulates the fish against extreme cold.

Mwaniki started with one pond and later added three and a hatchery where he develops the fingerlings. He is currently rearing hundreds of fish in an 1/8 acre piece of land.

His fish ponds are stocked with mature catfish ready for harvesting. With a single pond carrying 2,000 catfish fingerlings, he looks forward to making good money.

Last time he harvested 1,200 fish each weighing up to 1.5kgs. With 1,800 kilogrammes of fish per pond, and with a kilo of fish going for Sh300, he made a cool Sh540,000.

His main markets are hotels in Nairobi, Thika and Nakuru. "My interest in fish farming started when I was still a boy. My father grew coffee,

tea and kept cows but he would time and again buy fish for us. As I grew up, I thought I could rear fish," says Mwaniki who also runs his own ICT company, Prime Career Networks Ltd, which he formed in 2011.

"This dream has always been there only that I did not have capital and land to sink the fish ponds."

Mwaniki says increased subdivision of land, arising out of population growth, has made the traditional rearing of fish almost impossible as the normal fish ponds require a lot of space. Put other domestic animals into the mix and you are left with no space at all. "That is why I had to rent a small plot to make the first fish pond," says Mwaniki.

He used his savings of Sh150,000 as to build the wooden framework which was enough to accommodate 2,000 catfishes. "The wood is locally available, same to the paper which costs Sh200 a meter," he says.

The pond is connected to inlet and outlet pipes using a pump to ensure the water is always fresh and clean. This kind of fish pond can last up to six years depending on how best it is taken care of, says Catherine Rute, an agricultural extension officer from the Department of Fisheries.

He uses a net to remove solid waste from the water that is drained before it is pumped into the cleansing tank just outside the greenhouse.



**"THE FACT THAT THE PONDS ARE KEPT IN GREENHOUSE ALSO MEANS PREDATORS ARE KEPT AT BAY,"**

James Mwaniki

This ensures water conservation as water is recycled throughout.

The farmer uses some of the nutrients-rich water from the fishponds to grow seedlings in his compound. "I also use water from the ponds for irrigation to ensure there is no wastage. This guarantees maximum utilisation of resources," he adds.

The fact that he is able to regulate the temperature in the green house makes fish to grow faster.

Catherine terms the technology new and unique, saying anyone wishing to venture into fish farming should consider it. She says they are encouraging farmers to embrace the technology which has since been named 'Raised Aquacultural System'.

Greenhouses also help Mwaniki to maintain hygiene in the ponds. "A clean environment is critical for fish farming to avoid contamination during harvesting. It is also good for the overall growth of fish," he explains.

Mwaniki has also built a hatchery in his greenhouse where he produced catfish fingerlings. He stocks the ponds with fingerlings once they measure three to four inches.

The hatchery is a simple facility that uses flow-through ponds made of wooden frameworks with a liner that holds around 90 gallons of water for egg incubation and fingerling rearing. "The hatchery requires supply of clean water. Incubation time is approximately 5-7 days, depending on water temperature," he says.

The fly-fingerings are then kept in the hatchery for another 10 days before they are transferred to nursery pond in readiness for stocking.

One of the challenges Mwaniki is facing is fact that bigger fish eat the small ones at times. "To minimise the cannibalism, I sort them out according to sizes after the first two weeks of stocking."

Mwaniki says he wants to cast his net even wider to catch customers as demand for fish grows. Mwaniki also sells fingerlings to other farmers for between Sh10 and Sh20 each.

The business is doing well and has seen Mwaniki buy a car which he uses to supply the fish. "I have also bought a piece of land where I want to increase the ponds to 10 by the end of this year," he says.



CHALLENGES » BLOSSOM-END ROT AND DAMPING-OFF ARE DISEASES YOU SHOULD BE AWARE OF TO PROFIT FROM CROP

# The A-Z of growing capsicum profitably

**Pepper has a mild flavour and is used in stews, salads, or stuffings with meats and pickles**

BY RICHARD MULWA  
satnation@ke.nationmedia.com

**S**weet pepper is widely grown. It comes in red, yellow or green varieties.

The pepper has a mild flavour and is used in stews, salads, or stuffings with meats and pickles.

The plant can tolerate many climatic conditions from warm temperate to tropical, including irrigated dry hot areas.

Capsicums are sensitive to frost and the optimum temperatures for proper growth is 15 to 25°C. The vegetables grow well in altitudes of up to 2,000 metres above sea level.

Soil requirements for capsicums are not strict as they can grow on most well-drained loamy or heavy cracking clay soils with an optimum pH range of 6.0 to 6.5. The low night temperatures in July and August in Kenya are good for this crop.

Seeds take 12 to 21 days to germinate with optimum soil temperatures of between 13 to 21 degrees centigrade. The

seedlings will last 45 days in the nursery bed before transplanting. The crop is ready for harvesting after 90 days.

To make a seedling nursery, prepare a raised bed -- a metre wide or any convenient length. Manure (20kg/m<sup>2</sup>) and phosphatic fertiliser should be used.

Seeds should be sown in drilled rows spaced 15cm and thinly covered with soil. Thinning or pricking out should be done to a final seedling spacing of 5cm to allow growth of healthy seedlings.

Seedling beds can be lightly shaded in the first two weeks of germination and seedling development and watering done twice a day if in a hot environment. Capsicum seed rate is 0.5kg/ha in the nursery and 1kg/ha for direct sowing. The field site for establishing capsicums should be well-prepared and manure applied judiciously (10 tons/ha).

Transplanting is done when seedlings are four to six weeks old (at a height of 10 to 15cm). At a spacing of 75cm by 45cm, one acre can easily accommodate 10,000 plants. At planting,



## 45

Days capsicum seeds should take in the nursery bed before they are transplanted

250kg/ha of double super phosphate fertiliser should be applied. When they reach 15cm, top-dress with 100kg/ha of nitrogen (from CAN or equivalent source) and four weeks later another 200kg/ha should be applied.

As part of horticultural management to maximise production, the growing tips can be pinched out when the plants are 30cm high to encourage branch-

ing. Capsicum will perform well under irrigation.

Harvesting starts 2.5 to three months after planting and can continue for four to six months with good management. Only mature fruits should be picked and packaged for market. Sweet peppers should be harvested when filled out and still green.

Harvested fruits should be placed under shade for grading, sorting, and packaging to avoid shrivelling. Export produce should conform to the required standards with respect to quality, packaging and labelling.

With 10,000 plants per ha, each yielding about 15 to 25 good sized marketable fruits, a total harvest of 150,000 to 250,000 fruits depending on management

is possible. At a market price of Sh5 to Sh10 per fruit, the gross turnover of Sh1 million per ha is not an over-estimation as long as there is good market.

Production cost per hectare is about Sh150,000. Marketing opportunities are excellent in the local and export realms. There are several pests and diseases you must be aware of as far as capsicum growing is concerned.

**Blossom-end rot:** The disorder is caused by lack of calcium. It creates dark brown or black spots on immature fruits. To overcome it, plants should be evenly watered to ensure a steady flow of calcium to the fruits, especially at the forming stage.

**Damping-off:** Here, seedlings suddenly fall over and rot. This is caused by fungus and can be prevented by keeping the soil in which seedlings grow slightly dry to avoid excessive watering.

**Cutworms:** This nocturnal caterpillar curls around seedling stems and eats through them. They are controlled by using cutworm collars and applying beneficial nematodes to the soil.

**Root-knot nematodes:** These are microscopic soil-dwelling worms that can invade roots and make them wilt. They can be eradicated by growing a cover crop of marigolds or rye in infested fields for rotation.

Prof Mulwa is a crops expert at Egerton University.

## MIFUGO NI MALI Q & A

## Questions answered

# Cows that can survive dry weather conditions

**I am a livestock farmer in Makueni. I started out with one cow and now have three which are all local breeds. I have been keeping the animals to provide milk for home consumption while getting some money from the sell of surplus. I would like to earn more money from the cows and I need your advice on the type I should keep. I thought of selling my cows**

**and get others. I would also like to know the best age to buy and how I can know the age. Then, Makueni is a dry place. I would also like to have cows that can do well without eating too much or get sick too often. Please help me understand the breeds I can comfortably keep and make money.**

**Phineas Mbithi, Makueni**

The fact that you started with one cow and now have three shows how determined you are.

However, it is important for me to know the following:

- Which breeds are you keeping now?
- How long did it take you to build from one to the three animals you have now?
- Were all cows born on your farm or did you buy them?
- What kind of feeds do you give them?

Assuming you are currently keeping local breeds, you have an advantage because they are hardy and are able to survive the harsh environment.

They can also resist most diseases and are still able to produce.

Based on these strengths, we discourage you from selling your current herd to acquire exotic breeds (Friesian, Ayrshire, Guernsey and

Jersey); which consume more and might find it difficult to adapt to your environment.

It is therefore advisable to take advantage of the characteristics of the local breeds by crossing them with the dairy breeds. This way, the off-springs will be better than the mother in terms of milk production and will still be able to tolerate harsh environment.

In case you really want to sell your current herd, then we advise you to purchase Boran-Holstein or Sahiwal-Holstein crosses. They will consume less and still produce reasonably well and adapt to your environment.

Should you take this option, it is important to purchase them at two years of age. Your local veterinarian should be able to age it for you by looking at the dentition in case there are no birth records.



Dickson Lenasolio looks after his Sahiwal cattle on his farm in Marigat, Baringo County. CAROL CHEBET | NATION

Article prepared and reviewed by experts in the Faculty of Veterinary Medicine, University of Nairobi. Mifugo ni Mali

welcomes queries on livestock farming and will answer them in subsequent articles. Please send your questions to satnation@ke.nationmedia.com



## value addition

NEW VENTURE&gt;&gt; NOTHING SHOULD BE WASTED AFTER HARVESTING BANANAS, INCLUDING THE STOCKS AND LEAVES WHICH UGANDANS

## Kenyan stirring 'banana revolution'



Exhibitors display juice, wine and shoes made from banana during the launch of a banana value chain agribusiness incubator center to train farmers on how to add value to the crop at Ankole Hills in Uganda.

RACHEL KIBUI | NATION



**Today we bring you the 10 items you can make from a banana and the money that comes with them**

By RACHEL KIBUI  
Satnation.ke@nationmedia.com

The mouth-watering juice in clear one-litre bottles is tempting in the sweltering heat of the midday sun. Rows upon rows of them are lined on long tables. A jovial young man, in a white apron and beige trousers, is ready to sell you the mango-like juice for UgSh3,000 (Sh100) a bottle.

Sam Turyatunga, who just sat his final exams at Kyambogo University, is here to showcase "Uhuru", a brand of banana juice he has been producing for the last two years. He ventured into the business to raise school fees, but it is now a thriving enterprise employing 10 people.

The Food Science and Technology student thought of making banana juice, an idea he shared with his lecturer, who assisted him with equipment and requested the university management to allow him to use its food laboratory as a production unit.

"I started by producing just five litres a day but I am now making up to 500 litres," he says.

Turyatunga is not alone. At Biharwe, some 300 kilometres north-west of the Ugandan capital Kampala, we have tracked down Kimani Muturi, a Kenyan who is leading the banana value-addition revolution beyond his borders.

It is here, overlooking the Ankole Hills and Mountains of the Moon (Ruwenzoris) further on the horizon, that we learn there is much more one can get from a banana beyond the ripe as well

as boiled ones we eat; and the leaves, stock and peelings we feed our livestock. Muturi informs us that indeed one can make up to ten items from bananas, ranging from edibles to ornaments.

"You can also put on shoes made from banana stems while banana fibre is used to make biodegradable bags and mats. Besides, briquettes made from banana waste are now being used for cooking," said Muturi, a lecturer at Kyambogo University in Kampala and the director of AfriBanana Products Limited, which help small-scale entrepreneurs to increase their earnings through value addition.

We speak on the sidelines of this exhibition, where banana agribusinesses and government officials have gathered for the launch of new value-addition that will see banana production streamlined, and if followed through, can change the face of the banana business in East Africa.

It is the inauguration of the banana value chain agribusiness incubator centre where anyone interested in banana production and value addition will be hosted so that their talents can be nurtured. They will be here until they are able to stand on their own.

AfriBanana Products Limited will provide them with the equipment, link them to both local and international markets and manufacturing as well as provide them with capital.

The organisation will also help the traders get cleared by the Ugandan Bureau of Standards after ensuring manufactures of high-quality products.



**NOTHING SHOULD BE WASTED FROM A BANANA, INCLUDING LEAVES AND THE STOCK, WHICH UGANDANS ARE USING TO MAKE MATS. I' M HAPPY KENYANS ARE BEGINNING TO TAKE THIS DIRECTION,"**

Kimani Muturi (above), AfriBanana Products Limited managing director

While the Pearl of Africa, so-named by Winston Churchill for its rich flora and fauna, has always been the hotbed of bananas, the industry needs streamlining and robust value addition if it is to benefit from this crop, the don says.

According to Muturi, who is a textile expert, the innovators who will be taught how to utilise everything the banana produces, will not be charged at the premises.

"Locals have been making some of these products including juice and wine in their homes and this has seen them clash with Ugan-

dan authorities over standards. But the new facility is expected to change banana farming as we know it," he explained.

Turyatunga has also given hope to banana farmers in his native Wakiso District. Just like many other people in value-chain under AfriBanana Limited, he buys bananas from local farmers.

"I buy a 20kg bunch at a regular price of UgSh12,000 (Sh400) while brokers offer between UgSh7,000-UgSh8,000 (Sh235-Sh270)," says Turyatunga.

He gets 30 litres of banana juice from each bunch and sells a litre at UgSh2,400 (Sh80) for the wholesale and UgSh3,000

(Sh100) for the retail market.

According to Muturi, brokers sell the same produce for up to UgSh20,000 (about Sh700) in Kampala, three times what they give farmers. A few metres away, Miriam Kushaba displays her banana wine, called Tina, which she named after her last-born daughter Matina.

Miriam left teaching for music before venturing into banana farming. It was in 2011 when a friend who was manufacturing banana wine inspired her to take it up as well.

"From one bunch of bananas weighing about 20 kgs, I get 40 litres of wine worth UgSh1.6



ARE USING TO MAKE MATS AND SHOES

## beyond the borders

HERE IS THE MUCH YOUR ORDINARY BANANAS CAN GIVE YOU



million (Sh53,000). The same bunch would only earn me about UgSh8,000 (Sh270) if I was to sell it through brokers," says Miriam.

She says there are a few more production costs from water, yeast, sweeteners and other ingredients, but that does not take away the huge profit from turning bananas into wine.

These profits are even more staggering considering she does not need to buy bananas as she has her own plantations covering over 100 acres.

In June she produced 400 litres of wine, the highest so far. She sells the wine mainly to local bars within Mbarara, the largest city in western Uganda. Like Turyatunga, Miriam will be a beneficiary of the AfriBanana Products Limited incubator.

Kimani says the premises will comprise several production units and will make it easier for the manufacturers to be cleared by the Uganda Bureau of Standards.

Raw bananas are also prepared for markets in the US and UK. The NGO has so far supported 52 agribusinesses, including 20 SMEs and 32 individuals, reaching in total 4,000 farmers.

Can Kenyan farmers benefit?

## FIGURES

## HOW TO MULTIPLY YOUR EARNINGS

A trader buys a 20kg bunch of bananas at Sh400 from farmers. Each bunch can make between 30-40 litres of juice, with a litre being sold locally for Sh80 on wholesale and Sh100 for the retail market.

Meanwhile, the same bunch can make up to 40 litres of wine. The wine can fetch up to Sh53,000.

The traders are making other items, including mats and animal feeds, whose prices at times depend on negotiations between sellers and buyers. Raw bananas are also peeled and packaged for markets in the UK and US.

4,000

Farmers AfriBanana Products Limited has so far reached in its bid to help them make the most out of the crop

According to Muturi, Kenyans will need to start thinking in terms of processing.

"Nothing should be wasted from a banana, including leaves and the stock which Ugandans are using to make mats. I am happy Kenyans are beginning to take this direction," he says. "Recently, officials from Murang'a and Kisii – both big banana-producing areas – came here to see how their countries can benefit from the technologies."



These mats have been made from banana stocks. RACHEL KIBUI | NATION

## Devolution Corner

## Nyandarua bets big on value addition to grow

**The county is the hotbed of potatoes and one of Kenya's dairy capitals. What is the county doing to ensure the potatoes and milk translate to wealth?**

**MACHARIA MWANGI spoke to Governor Dan Waithaka Mwangi**

**Nyandarua is a potato hub. What are you doing to ensure this is not just by name but that it indeed puts money in farmers' pockets?**

The county produces 33 per cent of all potatoes in Kenya, making it the leading producer. The main challenge is the acquisition of clean potato seeds.

We have started producing clean seeds for multiplication. Meanwhile, we have imported and distributed 70 tonnes of certified clean seeds.

Farmers are also being encouraged to sell their potato in kilos and avoid being exploited by middle men who buy in extended bags. Indeed we are firm on enforcing the 50kg packaging requirement and farmers have already seen improved sales.

In the current budget, we allocated Sh354, 956,608 for the department of agriculture, livestock and fisheries. Of this, Sh110,350,000 will go into development.

## Is this enough?

The money is not adequate. The ministry has been asking for more and we shall continue increasing the allocation.

But that is not all. We are providing extension services to farmers. We will also soon start e-extension where farmers will use their mobile phones to access vet services.

We are also working on supporting model farmers such as those in the cut-flower industry to attend international flower trade expos.

We are constructing a pack-house and cold rooms at Ol Kalou. We have also constructed a grading shed for cut-flowers at Njabini.

Farmer groups have also been supported to acquire value addition equipment as well as provision of clean and certified planting materials – potato seeds and fruit tree seedlings.

The veterinary department is rehabilitating dips in the county, with more than 60 dips having

been rehabilitated so far.

Fish farmers are also getting free fingerlings procured by the county government. Dams are also being stocked with fingerlings and two boats have been procured to promote dam fishing. The county is also pushing for the use of technologies that conserve fodder. Several farmer groups have obtained pulverisers and feed mixtures.

**What are you doing to pull youths into agribusiness?**

We are doing a lot to encourage the youth to "go green". We have bought them potato value addition equipment. Several groups have been provided with wool spinning equipment.

You know this is the home of the merino sheep. We are working on acquiring incubators for those in the poultry business. The youth now have boats at their disposal. Those willing to go into greenhouse farming can soon get free lessons.

These greenhouses will be donated to learning institutions so that farming can be nurtured right from a young and impressionable age.

To do more, we are promoting private-public partnerships. For instance, we will process milk together with the Jomo Kenyatta University of Science and Technology. We are also working with the national government to build a big dam for irrigation.

Plans are also underway to construct a potato seed cold store in collaboration with the Agricultural Development Corporation in Molo.

**Transport is key in the agriculture value chain, yet a poor road network continues to block the achievement of farmers' dreams. What are you doing on this front?**

Together with Small Holder Horticulture Market Projects we have started building bridges and improving roads. But to be honest, infrastructure remains a headache.

## What more needs to be done?

We have trained our eyes on improving irrigation in the county to discourage over-reliance on rain-fed agriculture.

I am personally leading a campaign to ensure farmers invest more in horticulture export crops, tackle issue of drainage and soil fertility management.

We are also set to increase subsidised fertilizer distribution centres as well as create a revolving fund where farmers can access inexpensive loans to woo agro processors in the county.





# How I was bitterly locked out of Obama historic Nairobi Summit



**Mkulima**  
*moments*

BY JOSEPH MACHARIA  
satnation@ke.nationmedia.com  
@mkulimayoung

I am disappointed. Very disappointed because President Obama left before I could pitch my grand innovations in Agriculture to him.

I am angry because I was well prepared to meet Obama and show him what we have been doing at 'Innovative' Mkulima mixed farm. We had a lot to showcase. First, we have embraced smart climate agriculture.

We also have the revolutionary Mkulima Young App which helps farmers to market their produce using mobile phones. I believe this idea has a big potential, yet I couldn't showcase it.

The invitation to Mashambani Cooperative Chairman came when campaigns for the chairmanship were in top gear. Mzee Jeremiah decided to ignore it

because he did not understand it and did not also want anyone to attend. He never mentioned it during the hand over.

As an entrepreneur, I thought I deserved a place in the Obama Summit. I ensured my solar panel powered pump was working with the elaborate drip irrigation system. I also confirmed the bio gas plant was in perfect condition — I needed an investor who can now put in money to enable us put the gas in cylinders for sale.

I have often been told this project is a good example of clean energy. And I hear these kind of matters make Americans happy. So I also assumed Obama will be happy to hear my ideas.

I first heard of this Obama thing from Adenya, my city friend and former classmate. This is before Wandia, my techno-savvy Vice Chairman, started sending some information on twitter about the Obama Summit.

## Greatest meeting

Adenya twitted how big the event would be. "It is the greatest meeting for young entrepreneurs. It is the best thing that can happen to youth who want to make it big in business," wrote Adenya.

The more I read about the summit, the more I realized I was qualified to attend. So I took very nice pictures using my Nokia Lumia phone. I also shot a ten-minute video to explain some things about my farm. But many things conspired in this village to deny me a chance with Obama. On the eve of the journey, just a

day before Obama arrived, my favourite dairy cows calved. It had retained its placenta and I had to wait till late evening.

Muchiri, my farm boy, is on sick leave due to alcohol withdrawal syndrome — after all the bars closed at Mashambani village due to the ongoing campaign against illicit brew. I have taken up some of his duties. I couldn't travel.

Obama was to attend the summit the following day. So my only option was to leave Mashambani before break of dawn, after milking the cows.

Makanya's rattling lorry woke me up at 3 am. The previous evening, he had offered me a lift as he took an order of cabbages to the city. I turned it down because he's a slow driver.

My only option was Maendeleo. This is the bus that plies Mashambani - City route. I called Cyrus, the driver, popularly known as "Pilot". He departs at 5am. The bus is a sort of a lorry. It is very important in Mashambani since it carries cabbages, sukuma wiki and milk to the City every morning. You have to book a seat earlier by contacting "pilot" or his conductor.

On my way, I met Njamba, Mashambani Primary School head teacher, who was also heading to Nairobi. His company helped to kill my loneliness and quelled my fears of the unknown in the summit.

As we walked some village dogs thought we were gangsters. They started barking and chased us. We had to use our boys' skills

of stone throwing! That delayed us.

We arrived at Mashambani shopping centre and Maendeleo bus had just left! Mr Njamba and I hopped into one of the early boda bodas and went after the bus. We caught up with it at the next shopping centre.

"We called you but you were mteja," Pilot said. "I think we were down the valley where the network is poor," added Njamba trying to clean some mud on his suit.

## Front seat

Njamba had already booked himself the front seat which is a privilege in the village. I was sandwiched between two hefty women in the back seat.

The bus left. It swerved a number of times to avoid hitting potholes, dogs crossing the road and people delivering milk.

We arrived at country bus station at 11 am. I looked miserable with mud all over my clothes. I couldn't tell where the venue for the summit was but after inquiries, a taxi driver directed me.

Soon I was at the gate where I found mean looking armed soldiers. "Exhibitors were supposed to be inside before 7.30 am," one of soldiers said.

A beautiful lady in US military gear came and politely told me, "Invitations were sent three months ago. Sorry, you can't go beyond this point," she added.

I realised rural agri-entrepreneurs were not on Obama's list. Next time, I will strive to force a direct invitation to such a summit.

## Exhibitors gear up for the first South Rift trade fair



Many farmers are expected at the inaugural South Rift agribusiness fair that starts on Friday.

The South Rift Agribusiness 2015 Trade Fair will be held at the Kenya Agricultural and Livestock Research Organisation in Njoro, Nakuru County. It will bring together investors in dairy, agrochemicals and fertilizers.

Exhibitors are expected to showcase their latest technologies and strategies.

Major milk and food producing counties, such as Nakuru, Narok, Bomet, Kericho, Kisii, Kajiado and Nyandarua are expected at the event organised by the Primecom Events Ltd for Agrochemical Association of Kenya, Fertilizer Association of Kenya and Kenya Dairy Farmers Federation.

Richard Sikuku, the agrochemical association chief executive said they will teach farmers how to watch out and detect counterfeit pest control products which he said have flooded the market.

"We are also interested in the disposal of empty pesticide con-

tainers and obsolete pesticides as well as proper use of pest control products so that residue does not get into the produce and the environment," said Sikuku.

Meanwhile, more than 4,000 poor farmers in Nakuru will get free seeds and fertilizers for the new planting season courtesy of the county government.

The supplies will be made in the next few days following the onset of rains, according to executive for Agriculture Stanley Chepkwony.

He said only poor farmers will get the free seeds. He did not define "poor".

"The government has identified 75 farmers from every ward who will get the seeds and fertiliser," Chepkwony said.

The executive also warned farmers against a looming maize lethal necrosis disease which has caused huge losses in many parts of the country. "I urge farmers to consider planting other crops," Chepkwony said.

- By Nation Correspondents



## 'Orphan crop' sweet potato now in high demand

CONTINUED FROM PAGE 24

to their business to reduce the costs of transportation."

The other major advantage of sweet potatoes is that they thrive in a variety of soil types and climatic conditions.

Kakamega, Bungoma, Busia, Homa Bay, Rachuonyo and Kisii counties are the main producers of sweet potatoes while central Kenya produces only a small fraction.

Thangwa lamented that farmers are losing money due to unethical packaging. "Some buyers have improvised bags to take close to double what normal bags take," he said.

"If the government intervenes, the business can be more profitable," says Thangwa.

Sweet potatoes are in the league of the so-called "orphan crops", alongside cassava and millet. Many have abandoned these crops because they are considered the poor man's food. However, development experts say the best way to transform African farming is to return to these crops.

They say for sub-Saharan Africa to benefit from advances in agricultural productivity, investments in "orphan crops" will be key to strengthening the livelihoods of poor farmers

and improving nutrition.

And sweet potato farming is set to expand even further with the introduction of value addition.

Lillian Jeptanui, a horticultural expert at Egerton University, says processing sweet potatoes to make flour and crisps will help farmers get more returns.

## High quality

"They can also be vacuum sealed and frozen to lengthen the shelf-life. And to ensure high-quality flour, processors can add nutritional ingredients such as amaranth flour, which would supplement the nutri-

ents," Lilian says.

"The yellow flour is very marketable. It is used for making chapattis, cakes and soup. Yet, only a handful of farmers are into value-addition," says Lilian.

"Just like other crops, the price of sweet potatoes drops significantly during the peak seasons, the more reason why farmers should preserve their produce for a rainy day."

The sweet potato tubers can also be boiled and eaten, blended and processed to make natural juice.

Value addition is expected to revolutionise sweet potato even further.

## How to make pig feeds

CONTINUED FROM PAGE 23

or diarrhoea. Also provide adequate water.

## Porkers

At 14 weeks, pigs should get 1.4kg of feeds each per day. Divide the feeds into three equal portions. Offer them a wet ration at 7am (feed mixed with water), a dry feed at noon and a final wet feed at 4pm. A well-fed porker pig should add 300g of weight per day.

## Baconers

At 22 weeks, the baconers require a higher feed ration as they are about to attain the market live weight of about 90kg.

The farmer should give them 2.5 to 2.75kg of feeds per pig a day.

From 23 weeks onwards, the feeds should be increased to 3kg (1kg of wet feed in the morning, 1kg of dry feed at noon and 1kg of wet feed at 4pm). If well-managed, pigs can attain up to 100kg in five months. At this stage, one can select the pigs to slaughter, serve and sell while others can be retained for breeding as sows or boars. A well-managed baconer should add an

extra 1kg per day.

## Sows

They can produce as high as 16 to 17 litres of milk per day, thus, must be fed well. A sow with suckling piglets requires 6kgs of feeds every day or 25 per cent of her body weight. The feeds should be divided into three: 2kg of wet feed in the morning, 2kg of dry feed at noon and 2kg of wet feed at 4pm. They should also get adequate clean water.

## Gilts

This is a female pig that has not yet been served. They need at least 3kg of feeds each per day.

## Boars

The male pigs should not be given a lot of feeds, to prevent them from putting on more weight, which compromises their fertility. A boar should eat 3kg to 4kg per day.

Adapted from "The Organic Farmer". Article was reviewed by Dr Francis Kamau (Farmers Choice) and Paul Barasa (pig nutritionist). Email: kamaupeter27@gmail.com



## listing

## GREEN MARKET : Where buyers and producers meet

## BUYERS

**HONEY:** We are looking for honey suppliers. Our offer is not more than Sh350 per kg.  
**Location:** Khumusalaba, Kakamega County  
**Contact :** 0707204920  
 honeywealthmakers@gmail.com

**INCUBATORS:** Anyone selling paraffin or solar-powered, 60 to 200-capacity egg incubator?  
**Contact:** jmwangi262@gmail.com

**HONEY:** We are buying honey at Sh570 per kilo.  
**Location:** Ruiru, Thika Road.  
**Contact:** 0721066813

**LAYERS:** I would like to keep Isa Brown layers. I would like to know where I can buy day-old chicks.  
**Contact:** clarenjoki48@yahoo.co.uk

**ITALIAN CYPRESS TREE SEEDLINGS:** I am looking for a seller.  
**Contact:** Jack Luke, 0721356198.

## SELLERS

**ZERO GRAZING UNITS:** We construct zero grazing units.  
**Contact:** 0729563913  
 znjenga@outlook.com

**RABBIT NETS**  
**Type:** Rabbit Nets PVC half inch PVC Coated  
**Price:** Sh15,000 for 30-metre roll.  
 Special discount for wholesale buyers.  
**Contact :** 0718784649/0725893963

**KENBRO CHICKEN**  
 To start laying in one week.  
**Quantity:** 200  
**Price:** Sh1,200 each  
**Location:** Kikuyu Town  
**Contact:** Wanjiru 0715863681  
 debrakiwara@gmail.com

**PIGLETS**  
**Price:** 11 piglets , 3-month-old at Sh3,500 each, 22 piglets at Sh3,000 each and one-and-half-year-old sow at Sh25, 000.

## SELLER: CHICKS

**One-day-old kuroiler chicks available in Umoja , Nairobi at Sh150 per chick**  
**Contact :0724162878**  
 kevomuraba@gmail.com



**Location-** Kisii County  
 williammutwiri@gmail.com

**IMPROVED KIENYEJI CHICKEN**  
**Price:** Day-old chicks at Sh90 each, one-month-old at Sh250 each and two-month-old at Sh350 each.  
**Location:** Kakamega County  
**Contact;** 0727155329  
 kuljoe2000@gmail.com

**DONKEYS**  
**Quantity:** Six  
**Price:** Negotiable  
**Location:** Narok County  
**Contact** 0763949649/0720949649.  
 kenanajohn@yahoo.com

**POMEGRANATE FRUIT SEED-LINGS:** Drought-resistant and fast maturing.  
**Price:** Sh150.  
**Location:** Muranga/Nairobi counties.  
**Contact:** 0716795253.

**KUROIILER EGGS:** As per demand.  
**Price:** Negotiable.  
**Location:** Kericho.  
**Contact:** 0725959283.

**GREENHOUSES and HYDROPONICS UNITS:** We deal in construction, repair and maintenance of greenhouses, both metallic and wooden. We also sell hydroponic units at competitive prices.  
**Price:** Negotiable  
**Contact** 0724152959/ 0737234419  
 jumbaallan027@gmail.com

**KUROIILER CHICKEN**  
**Quantity:** 29 six-month-old vaccinated kuroilers. Meat cocks also available both for breeding and meat.  
**Price:** Negotiable  
**Location:** Nyeri.  
**Contact** 0736070907  
 gathukimartin@gmail.com

**BIOGAS INSTALLATION SERVICES**  
**Price:** Negotiable (depending on size and preferred material).  
**Location:** Luanda, Vihiga County  
**Contact:** Charles-0720937976  
 greenscietepjplus@gmail.com

**KUROIILER CHICKS.**  
**Quantity;** As per demand.  
**Price :** One-day-old chicks at Sh120 each and Sh1,000 for four-month breeding cockerels. Hens also available at negotiable prices.  
**Location:** Kitale. (Maili Saba-Kape rd).  
**Contact:** 0721 241 592  
 mosesrotich@yahoo.com

**RED IRISH POTATOES**  
**Quantity:** 40, 000 kg.  
**Price :** Sh1,700 for 50 kg bag.  
**Location:** Nanyuki  
**Contact:** 0722 67 11 33,/ 0721 761909  
 greenhearts1@yahoo.com

**KUROIILER CHICKEN**  
**Price:** Three-month-old at Sh600 each, five-month-old kuroiler cocks at Sh900 each and fertilized kuroiler eggs at Sh900 per tray.  
**Location :** Nairobi, Kangundo and Machakos  
**Contact :**0720752448/0731752448  
 muthianiboniface@yahoo.com

**KUROIILER CHICKS:** One-day-old kuroiler chicks.  
**Supply:** On order.  
**Price:** Sh100 per chick.  
**Location:** Ugunja, Siaya County.

## SELLER: SEEDLINGS

**Tree tomato seedlings (Red Oratia variety) in Karatina at Sh40 per seedling.**  
**Contact:** Silas 0770627657/  
 0711428472



**Contact:** 0771-630610

**FEED BARLEY FOR ANIMAL FEED:**  
 As per demand.  
**Price:** Sh40 per kilo.  
**Location:** Ongata Rongai.  
**Contact:** 0733520083.

**EGGS:** From grade chicken.  
**Quantity:** 10 to 200 trays weekly.  
**Price:** Sh315 per tray.  
**Location:** Thika Road, Nairobi.  
**Contact:** 0720243965.

**KARI, RAINBOW AND KUROIILER KIENYEJI CHICKS:** As per demand.  
**Quantity:** Over 3,000 vaccinated, chicks available every 21 days.  
**Price:** Sh99 per chick, discount on bulk purchase. Plus free delivery.  
**Location:** Kenol, Thika.  
**Contact:** Francis, 0735726664/  
 0725453893.

**PURE KARI KIENYEJI CHICKS:** As per demand.  
**Price Range:** Day-old chick at Sh100 each, one-week-old at Sh50 each, two-week-old at Sh180 each, three-week-old at Sh220 each and four-week-old at Sh250 each. All chicks are vaccinated accordingly.  
**Location:** Kitengela.  
**Contact :** 0722484205.

**MORINGA OLEIFERA SEEDLINGS:** 500 seedlings.  
**Price:** Sh100 each.  
**Location:** Soy Centre, Uasin Gishu County.  
**Contact:** 0724337136.

**ANIMAL FEED FORMULATIONS:**  
 Chick, grower and layer, broiler starter and finisher, pig starter and finisher. Dairy meal also available.  
**Price:** Sh3,000 per package.  
**Location:** Nairobi.  
**Contact:** Tom, 0715795577.  
 fgikahu@yahoo.com

**KUROIILERS CHICKS:** A month-old at Sh250 each, two-month-old at Sh450 each, three-month-old at Sh600 and cocks at Sh900 each.  
**Location:** Matuu.

**Contact:** 0724742656.

**BEEHIVES:** Langstroth beehives at Sh4,000 (FOB). We advise our buyers on honey production and buy back the honey from them.  
**Location:** Khumusalaba, Kakamega County  
**Contact:** 0707204920.

**INCUBATORS:**  
**Price:** Negotiable.  
**Capacities:** 60 eggs to 4,000 eggs.  
**Location:** Eldoret .  
**Contact:** George 0728732389

**VEGETABLES:** I have a weekly harvest of 200kg of sukuma wiki.  
**Price:** Sh20 per a kilo.  
**Location:** RunguTown, Nyeri County.  
**Contact:** 0722607152.

**AVOCADO:** Fruits from grafted trees.  
**Quantity:** Upto 300kg.  
**Price:** Sh8 per piece @ farm gate.  
**Location:** Eldoret.  
**Contact:** Samson, 0736735345.

**KARI IMPROVED CHICKS:** As per demand.  
**Age:** Day-old to 90 days.  
**Price:** Sh100 to Sh450 each.  
**Location:** Kahawa.  
**Contact:** 0729804213/  
 0705078398.  
 cafesilsia@gmail.com

**KUROIILER CHICKS:** 11-week-old at Sh450 each and 13-week-old at Sh600.  
**Location:** Ikinu, Kiambu County.  
**Contact:** 0707305133/0751 771 952.  
 elikushe@gmail.com

**KUROIILER CHICKS and KARI IMPROVED:** First generation and incubation services.  
**Price:** Day-old at Sh100.  
**Location:** Utawala, Nairobi.  
**Contact :** 0737517999.

**LANGSTROTH BEEHIVES and BEEKEEPING HARVESTING KITS:**  
 Also buying of semi-processed honey produced from Langstroth hives.  
**Price:** Standard Langstroth at Sh4,500 (Kenyan made).  
**Location:** Nairobi.  
**Contact:** 020551834, 0722700226,  
 bees@africanbeekeepers.co.ke

**HEIFERS:** Unserved heifers from Sh60,000 each. In-calf heifers from Sh100,000 upwards. 1st and 2nd calves producing between 20 and 25 litres of milk per day from Sh120,000.  
**Location:** Githunguri.  
**Contact:** Lucy, 0724271842.  
 lucymunene3@gmail.com

**TROPICALISED GREENHOUSE:** 30m by 8m.  
**Price:** Sh170,000.  
**Contact:** 0723834721.

**CHICKS:** Day-old chicks at Sh100 each, week-old at Sh150 and two-week-old at Sh200. Hatching services also offered.  
**Location:** Thika.  
**Contact:** Mathai 0722252898.  
 mathaiernest@yahoo.com

**KENBRO COCKS AND HENS:** Ready for breeding.  
**Price:** Cocks at Sh1,000 each.  
**Location:** Moi's Bridge.  
**Contact :** Paul Mwangi,  
 0722435515.  
 mpaul3728@gmail.com

## SELLER: RABBITS

**Three giant three-month-old Canadian flemish rabbits available in Kisumu at Sh1,500 each.**

**Contact 0705594527**



**SEEDS:** Moringa, night shade, mrenda, mtoo and kanzira.  
**Quantity:** As per demand  
**Price:** Negotiable.  
**Location:** Butere.  
**Contact:** 0712102420.  
 ibrahimwairo@gmail.com.

**KIENYEJI KUROIILERS and KARI CHICKS**  
**Quantity;** 2, 000 chicks per month.  
**Price:** Day-old chick at Sh95 and a week-old at Sh130.  
**Location:** Amis farm, Muranga  
**Contact:** 0786241397/ 0725453893.

**PURE KIENYEJI CHICKEN**  
**Quantity;** 100  
**Price:** Negotiable  
**Location:** Banana Hills, Kiambu  
**Contact.:** John Njenga 0721244949

**INCUBATORS:** Egg incubators, powered with kerosene, gas and electricity  
**Quantity;** As per demand  
**Capacity:** 500-4,300 eggs.  
**Price:** Sh40,000 to Sh180,000.  
**Contact:** 0723 460105

**INCUBATOR**  
 Advanced dual power (electric/battery) fully automatic incubator. 60-egg capacity  
**Price:** Sh22,000 each. It includes a candler and adjustable egg tray to support different egg sizes  
**Location:** Nairobi  
**Contact:** James Waiguru  
 0717622485  
 james.waiguru@gmail.com

**Are you a producer or looking for agricultural produce, inputs and equipment? Tell us on: satnation@ke.nationmedia.com**  
**Editor: No quails and land, please.**  
 Ensure you carry out due diligence before parting with goods or cash. *Seeds of Gold* will not take responsibility for any loss. Please note that *Seeds of Gold* is not carrying out any promotion.

## SELLER: EGGS

**Kari kienyeji eggs available in Eldoret.**  
**Contact 0722748390/ 0726750953**





BOOK REVIEW | A look at the life and times of controversial veteran journalist

# The Fifth Columnist: Questions that only Ochieng can answer

Philip Ochieng biography reveals many surprising things about the veteran career journalist

BY MBUGUA WA MUNGAI  
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He writes well, though it is not always that you agree with his conclusions," author Liz Gitonga-Wanjohi quotes lawyer Paul Muite saying of Philip Ochieng, the industrious journalist whose illustrious career dates back to 1966 when he was hired at *Daily Nation* as a reporter. However, most readers only know of Ochieng through his newspaper columns; this biography enables one to get to see the man's human side. *The Fifth Columnist* has chronicled in elaborate detail the myriad surprising twists and turns in Ochieng's rather colourful career. What comes across clearly in this simply written book is that its subject is not just any other journalist.

As Muite's statement above suggests, one of the core distinguishing traits of Ochieng the journalist is his dazzling deftness with language; another is his deep knowledge of not just how English works but also how it constitutes systems of thought. His grasp of history and science has also been demonstrated throughout the book.

To her credit, Ochieng's biographer does a commendable job digging deep into his background to present readers with a fuller picture of him than one might ever piece together from his newspapers articles. Thus the narrative unfolds of the little village boy from Awendo whose craving for knowledge drove him to walk seven kilometres to school. Might this fact have subconsciously led to his shunning of any athletic exertions in later years?

We are presented with the image of a boy who was keenly aware right from the beginning that the pursuit of knowledge would be his ticket to a world outside the village, and to great self-fulfilment. Hence, while his village mates aspired to not-so-outstanding village schools, Ochieng knew that the famous Alliance High School was his passport to the future; he walked through the institution's hallowed gates in 1955. One question that remains about his Alliance days, though, is what really drove Ochieng to become a rebel? The chapter on Alliance also has interesting details about the bigotry of the famous school head Carey Francis.

Ochieng's engagement with the world is anchored upon his questioning the order of things. It might also explain why in later years Ochieng kept resigning from the many jobs he held; a junior officer at the UN, teaching, a protocol officer at the Ministry of Foreign Affairs, and the many positions he held as a journalist. If something does not make sense to him, Ochieng walks away; he claims he has only been sacked once, in 1992, from the Editor-in-Chief's position at the KANU-owned *Kenya Times* newspaper. It is in this same fashion that he walked out of

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We are presented with the image of a boy who was keenly aware right from the beginning that the pursuit of knowledge would be his ticket to a world outside the village”

Mbugua wa Mungai

his first marriage to an African American woman while studying at Roosevelt University.

Nevertheless, even as it is possible to explain some of his unfinished projects — such as his incomplete degrees — by citing this need to walk away from things that no longer make sense to him, it is also quite possible that his impatience, and being taken in by distractions, leads him to abandon his work midstream. The hoisting of independent Kenya's flag certainly led to heady moments, but reading through *The Fifth Columnist*, Ochieng's citing patriotism as the reason for abandoning his undergraduate studies in France is not convincing. Many other patriotic Kenyans still went to pursue their university education after 1963 and their patriotic duty always saw them come back to play their role in nation-building. In similar manner, one wishes Ochieng would have supplied more concrete reasons for quitting his undergraduate studies at Humboldt University in the then East Germany.

One of the most admirable things about Ochieng is that he is a self-taught journalist who excelled in the craft and bested many who had been trained in it. However, as the book shows, this achievement has its own problems. On the one hand, it has made Ochieng appear arrogant and domineering to those he evaluates as incompetent. On the other hand though, and I think quite crucially, it has continuously led him to the awareness that book knowledge isn't enough to shape an individual.

Thus his questioning of the fetishization of degrees in Kenyan society, especially given the fact that quite a bit of the information we pick up in school ends up being useless or it is imperfectly imparted thereby rendering such products of the school system half-baked. This raises an important philosophical question: Why do we take people to school?

At another level, readers who are familiar with *The Kenyatta Succession* — co-authored with fellow journalist Joseph Karimi — and Ochieng's *I Accuse the Press* will be riveted to particularly chapters 22 through to 24, which are packed with incredible details regarding his stint at *Kenya Times*, perhaps with good reason. Intuitively, even the biographer knows that this is the period of Ochieng's professional life that many people still wonder about — and some are unlikely to ever

forgive him for it.

His sometimes three page-long commentaries in the paper have justly been characterised as 'unprofessional' even by his own colleagues quoted in the book. The amazing thing is that Ochieng still believes he was right in having lent his skills to defending Moi's tyranny and demonising everyone that was opposed to the Kanu regime whose paper he was editing. These three chapters particularly show one of Ochieng's character flaws — He seems to believe that by taking the side of tyranny, only he was right and everyone else wrong. What is even more puzzling is that in the book he admits to his being a leftist yet the party whose newspaper he was working on could very easily have been described as fascist.

Ochieng's biography also has some interesting tid bits. Not many Kenyans know that either the British Prime Minister Harold Wilson or, more intriguingly, the Argentine Marxist guerrilla Ernesto Che Guevara came calling to Nairobi, and that in his capacity as protocol officer Ochieng received them. I would be curious to know if ever Ochieng considered the possibility of breaking protocol and having a word with these gentlemen.

Like or hate Ochieng, it is impossible not to agree with

him when he upbraids many print journalists for their poor skills. He is particularly offended by the poor grasp of English by reporters. Rooting for investigative journalism, Ochieng has argued quite convincingly, that research is core to any good writing.

Liz Gitonga-Wanjohi has shown what the contribution of one man to his profession has been but in a sense the book also offers glimpses of some of the quantifiable achievements of the Kennedy Airlifts of the 1960s by showing what some of the beneficiaries did for the country after their return.

This work also raises an important point for reflection: Where are the biographies of Hillary Ng'weno, Joseph Karimi, Joe Kadhi, Catherine Gicheru, Pius Nyamora, Roy Gachuhi, Gitobu Imanyara, and Njehu Gatabaki, among others? These individuals have a treasure trove of knowledge about how the media in this country works — they owe Kenyans their stories.

I know many Kenyans are uncomfortable about their stories being narrated before their death, but Philip Ochieng has shown that there is nothing to be afraid of, and there is nothing so odious that it cannot be explained. Ochieng admits to having done some bad things but with uncharacteristic grace he has allowed readers to get a glimpse of what some of these might be.

I consider Liz Gitonga-Wanjohi's an important serving to our search for some answers about a man whose dance with words, even in retirement, continues to dazzle readers.

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## Why Obama was right on the gay non-issue

CONTINUED FROM PAGE 20

bankrupt elites who had access to Obama could offer him was to have the great man shake his groin to lipala music like a pervert, trying to lower him to their level of illiteracy and levity (no Swahili pun intended).

He probably wasn't given *Petals of Blood* to draw his attention to the pitfalls of the "entrepreneurial" capitalist projects he is promoting in Africa.

Yet like Ngugi, Obama admires Mau Mau as an anti-colonial project that has been neglected by the post-independence political elites. The only street named in the movement's honour is tucked away in a slum and leads to our notorious mental asylum.

Like the important street of freedom hidden in a seedy slum, the pleasure of a literary text lies in the non-issues it does not discuss fully, the topics it skirts around.

Books such as Mwangi Gicheru's *Across the Bridge* and *The Mixers* have revolutionary sub-texts about same-sex desire, some even more radical than theories in Stacy Alaimo's *Bodily Natures* or Bruce Bagemihl's *Biological Exuberance: Animal Homosexuality and Natural Diversity*.

One wouldn't pick these meanings through the "surface reading" and "distant reading" methods now in vogue in western institutions.

### Lazy proposals

These "new" ways of reading literature discourage digging for deeper meanings in the text. To them, psychoanalysis and other similar theories have misled us to look for non-existent meanings below the surface of a text. They claim meanings are largely literal and our duty is to describe texts, not interpret them.

Some theorists even imply that one does not need to dirty oneself with books, a proposal that would be very popular among the lazy. With "distant reading", you can rely on summaries of the texts by publishers and other scholars.

In polite African society, our intimate activities are between the sheets.

We also love hiding our meanings between the lines, especially when signaling our beliefs about non-normative sex, where censorship also demands that you talk about autocrats and land thieves in fables.

You can only appreciate the meanings of a Kenyan text by paying attention to the small noises the text makes behind its overt music (apologies to Jacques Attali), the contradictions and gaps in it, and the invisible inscriptions between the lines and in the empty margins.

It is because I believe in the rights of everyone and the importance of margins and the peripheries of texts that I support Obama on all non-issues. Regarding gay rights, therefore, I am with him 100 percent. We should not even be debating the non-issue in this day and age.





## THE NATIONAL TREASURY

### PRESS RELEASE

#### MEDIA REPORTS ON MISMANAGEMENT OF PUBLIC FINANCIAL RESOURCES FOLLOWING THE RELEASE OF THE AUDITOR-GENERAL'S REPORT ON THE FINANCIAL STATEMENTS FOR THE FY 2013/14 SETTING THE RECORD STRAIGHT

We wish to refer to the media reports appearing in the dailies of July 29-30, 2015, referring to alleged mismanagement of public financial resources in select Ministries/ Department/Agencies (MDAs) of the National Government. This follows the report from the Auditor General for the financial year 2013/2014 submitted to the National Assembly.

We have noted with concern that the said report refers to various incidences of irregular and/or questionable spending, as well as lack of provision of supportive documents on expenditures incurred to the tune of KSh. 66.8 billion.

The National Treasury has since established that there were no resources lost. The media reports on the matters are therefore misleading. Indeed, the Auditor General's report (page 18 of the Summary Report) on "Unsupported Expenditures", indicates that he was not able to ascertain expenditures amounting to KSh. 66.8 billion because of absence of records and documentation.

We have since established that most MDAs provided the necessary supportive documents to office of the Auditor General during the final stages of audit review but these were not taken into account before the report was submitted to the National Assembly. A few, however, were not able to provide supportive records/documents on time, but the records/documents are available.

Overall, we have established that the Auditor General's Office issued management letters to Accounting Officers and requested them to respond within a very limited period. Further, the Office of the Auditor General did not hold final audit review meetings (Exit Meetings) with most of the Accounting Officers if not all, as required by the International Standards of Auditing (ISA) No. 260 paragraph 16 on discussions with management, as well as International Standards of Supreme Audit Institutions (ISSAI) No. 30 on independence, objectivity and impartiality during the audit review work. This would have provided an opportunity for Accounting Officers to clarify any outstanding issues including provision of supporting documents.

It is also apparent, that as part of audit reviews, additional information was sought, and management comments were provided by MDAs to the Auditor General. These consultations must have brought clarity to all questions raised and resolved outstanding issues. It is, however, unfortunate that these were not taken into account when concluding the audit report.

#### Examples

To demonstrate that indeed it is unconceivable that such amount of public resources can be misappropriated, we have reviewed the situation in a few MDAs and established as follows:

1. Office of the Attorney General: The budget for the Office of the Attorney General & Department of Justice for FY 2013/14 was KSh. 3.3 billion for both recurrent and development votes. Of this amount, KSh. 1.0 billion catered for personnel emoluments and KSh. 1.2 billion were transfers to various State Corporations. Further, it should be noted that the total exchequer issues for both recurrent and development votes amounted to KShs. 2.7 Billion for the FY 2013/14. In view of this, an allegation of misappropriation and/or misreporting of KSh. 2.7 billion is not logical. This figure was also not reflected in the draft report of the Office of the Auditor General which was shared with the Accounting Officer. Indeed the Auditor General issued the Accounting Officer with a final certificate implying all audit issues had been addressed.
2. Ministry of Health: There are allegations of improper expenditures of KSh. 22.5 billion relating to payment of salaries paid to devolved health professionals from the Ministry's budget. As all Kenyans are aware, the Ministry of Health and the County Governments entered into agreements whereby the Ministry of Health was to assist county governments in the payment of salaries for the first half of the financial year 2013/14. The amounts paid by the Ministry of Health were widely circulated to many stakeholders including the Office of the Auditor General, Controller of Budget, Commission on Revenue Allocation, Transition Authority, and Council of Governors. It is inexplicable, therefore, why the amounts which were well known to the Auditor General would now be classified as improper expenditure. There are supporting records/documents to indicate that these were proper expenditures.

3. Ministry of Transport and Infrastructure: There are allegations of unsupported expenditure of KSh. 22.0 billion. The supportive documents are also available for confirmation and further review.
4. Ministry of Agriculture, Livestock and Fisheries: The allegation that supportive documents relating to expenditures of KSh. 1.2 billion were not availed to the Office of the Auditor General is not true. We have established that the documentations were availed to the Office of the Auditor General on May 6, 2015. The supportive documents for the expenditure of KSh. 1.2 billion are available for review.
5. National Police Service Commission: There are allegations that expenditures relating to rent for the office amounted to KSh. 31 million. This is not accurate. We have since established that actual expenditures relating to office rent was KSh. 24.4 million and the supporting documents are available for confirmation and review.

These are just but a few examples of cases where sufficient documents were available but which were not taken into account by the Auditor General. The National Treasury is compiling the full list of all MDAs where expenditures are classified as unsupported in the Auditor-General report to demonstrate that indeed the records/documents are available and that no public funds were lost as alleged by the media.

#### Conclusion

The National Treasury wishes to assure Kenyans that we are committed to ensuring that Accounting Officers account for all public resources entrusted to them by the National Assembly. Should any public officer be involved in mismanagement of public resources will be sanctioned, as per the Public Finance Management Act, 2012.

As noted, most of the issues raised by the Auditor General relate to accounting reconciliations and alleged missing supportive documents rather than misappropriation of public funds. Supportive records/documents are available for inspection. We therefore appeal to media houses to seek clarification relating to audit reports from the respective Accounting Officer before making unsubstantiated conclusions.

In the meantime, the National Treasury will engage the Office of the Auditor General and the Accounting Officers to ensure that any requisite records/documents supporting all expenditures ("alleged as questionable") which have not been availed to the Auditor General will be provided so that any outstanding issues are resolved.

Going forward, it is imperative that offices mandated with critical oversight functions such as the Auditor General do not compromise professional standards by making conclusion without thorough engagement with its clients to resolve any outstanding audit matters. What remains clear is the fact that the MDAs responses were not incorporated into the final Auditor's Report, for whatever reason. This omission has come at the expense of profiled sensational claims that has created public outcry through misdirection and obfuscation of facts. As custodian of public financial resources, the National Treasury, and the Auditor-General's office likewise, would not like to see that the purpose of the annual audit exercise is reduced to a ritual for tainting the integrity of the public offices in question and a national executive committed to good governance. We should also be cautious that inaccurate reporting by the Auditor General affects our relationship with both domestic and international investors on their perception regarding the investment climate of our country. It is therefore imperative that the Auditor General should go the extra mile to ensure his reporting is accurate.

Finally, it is important for Kenyans to note that the Auditor General has submitted his audit report to the National Assembly. We expect the National Assembly to invite the Accounting Officers to provide any additional information and respond to any matter that require clarification, in line with Article 226 (2) of the Constitution.

**HENRY ROTICH**  
**CABINET SECRETARY / NATIONAL TREASURY**

**July 30, 2015**



REFLECTIONS OF A SCHOLAR | Thoughts of a man of letters

# Once upon a dream and the nightmare of growing old

Dreams are the eggs from which great historical events are hatched.

BY AUSTIN BUKENYA  
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In Nairobi, we love our sarcasm and our little sneering “so-what”. I thought I had successfully avoided writing about Obama’s coming to town last week. So what if a guy comes from Kogelo to Nairobi? I do it several times a year, coming from even further west through Busia, Segla, Jera Ugunja and so on. In any case, Obama had left behind one of my main reasons for admiring him — Michelle!

But one little thing pushed my resolve beyond its breaking point. No, it was not the “new” lovely green grass on the roundabouts and the road islands. Neither was it the hauntingly beautiful tranquillity of Nairobi’s central streets when cleared of their traffic, noise and all the attendant madness. We who arrived here in saner times, 50 years this July in my case, used to take the neatness, order and sanity of the “Green City in the Sun” for granted.

What made me break the self-imposed silence was a more mundane aspect of the visit. It was the sheer sight of those two (strikingly tall) sons of two Kenyan fathers, standing side by side, talking to the world, to their fellow Kenyans and to one another, or even “at” one another as occasionally happened. It was irresistibly symbolic.

Symbols and dreams are very much a part of our staple fare in Literature. Dreams, we say, are the eggs out of which the great events of history are hatched.

As Abdul Kalam put it, “you have to dream before your dreams can come true.”

As for symbols, we go back to the Bard. “There are more things in heaven and earth, Horatio, than are dreamt of in all your philosophy.” (Did I hear “dreamt” in there as well?) Whatever might be experienced in our lives probably has a significance way beyond what our senses can detect.

The dazzling Uhuru-Barack footage was not just video bytes or paparazzi treasure hoards but a sterling vindication of those who dared to dream in the past and a soul-sustaining inspiration for those who hope and trust in the future.

Uhuru the Born-Free and Baraka the Blessing (regardless of the vagaries of orthography) were not, in this vision, just two quinquagenarians (I know a few big words, too) for whom we had either voted or not voted. In the deep recesses of our memory, they are the hatching of a mysterious destiny that has been, and still is, threading its way through our Kenyan-African reality to the top of the world.

One might have been dreamt of and conceived through Kiambu, Moscow, London, Kapenguria and Lodwar, the other through Kogelo, Hawaii, Indonesia and Chicago’s South Side. Boundaries and birth certificates matter very little. What dieth not is the dream.

Nor is it just the dream of “my father”, but the collective vision that keeps “turning and turning in



US President Barack Obama greets President Uhuru Kenyatta at the Jomo Kenyatta International Airport in Nairobi, Kenya, on July 24, 2015.

the widening gyre”, with different people of vision contributing to it at different times and from different angles.

What we saw last week, for example, was born not only of the monumental suffering without bitterness or the restless feet of the airlifted youth racing halfway across the globe. It was also the fruit of the swashbuckling young leaders of the early sixties, Tom Mboya of Rusinga and John Kennedy of Massachusetts, who masterminded the “Airlift” that eventually led to Obama’s being here last week as the most powerful man in the world.

## 1959

The period when Kenyans were airlifted to the US to study, courtesy of politician Tom Mboya

Even for the “accident” that the spaceships of history should dock in Nairobi, we should be grateful. I was touched and startled when my friend and disciple, Humphrey Jeremiah Ojuang, revealed that his father, too, was a product of the Airlift. I, too, could have been one, if I had been born a few years earlier, and a few hundred kilometres east of Kampala.

In any case, I was a beneficiary of the generosity of Tom Mboya’s friend, John Kennedy. First, I was taught English at high school by his Peace Corps volunteers, and maybe they did not do too bad a job. Later, I was honoured as a Kennedy Scholar at university in Dar es Salaam, sharing this distinction with J. Rupani, the property mogul, who was eventually my landlord in Westlands in the 1980s. Strange, indeed, are the ways in which our fortunes intertwine.

For the futurists, I suppose the Nairobi event is a symbol of the imminent arrival of that other dreamer’s vision of a time when

people will be judged more on the content of their brains than on the colour of their skins. The seamless world seems to be here, and regardless of where we come from, whether Kogelo or Gatundu, it is ours for the taking.

But wait a minute. In Kiswahili we speak of dreams as night visions (*ndoto*), daydreams (*njozi*) and nightmares (*jinamizi*).

My dream was gradually melting into a daydream when it was suddenly rattled into a nightmare.

I heard Ms Katie Hopkins, a fashionable young Englishwoman (of 40) and a former Big Brother House contestant, propose that a “final solution” should be found to the staggeringly large number of old people who stubbornly refuse to die. Would euthanasia help? Why not put them down like expired dogs?

Indeed, posits Ms Hopkins, a mother of two, specially-designed vans should be collecting these old dodderers, rather like the old chupa-na-debe practitioners used to collect household extras, and delivering them to extermination chambers.

Was this tongue-in-cheek, like Jonathan Swift’s *Modest Proposal*? We have no word yet about that, and the lady who put it forward says she never apologises for what she says. We do not know how long the plan will take to put into action. But it should have been perfected in about 30 years’ time, just around the time Ms Hopkins turns 70, and qualifies for old-age benefits. But what will happen to the memory of humankind?

Meantime, when you hear Ms Hopkins’ van rumbling and trundling around the mtaa, alert me in good time, so I can duck. Otherwise, there may be no “Reflections” next Saturday!

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OUTSIDER LOOKING IN |

Musings of a wanderer

## Signing the visitor’s book before the actual visit begins

BY ZUKISWA WANNER  
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Four years ago, I went to the Western Kenya town of Kakamega to do some school workshops. In the course of my one week trip, I read through many essays and visited six schools. As I went from school to school, something kept happening to me. At first I thought it was an oddity of the first school I visited but soon I realised it was everywhere. What would happen is that, on arrival, I would immediately be taken to the principal’s office. The principal and I would chat, and then the school secretary would come to me with a book. The first time this happened, I asked what it was for.

“It’s our visitors’ book. We would like you to sign it,” she answered perhaps a little surprised that I did not know what it was.

I looked at the book. It had sections for date, name, address and comments. All I had seen of the school was the gate with the school name, vision, mission statement and motto and the parking lot as I made my way to the principal’s office. The only other thing I knew about the school was the principal who I had had a few minutes conversation with. I had not yet interacted with the students, which was my main purpose for being there, so what was I supposed to say?

I suggested at the first school that I sign the book at the end of the tour but they insisted I do it then and my host looked at me in horror as though I had said something sacrilegious. So I apologised, took the book and under ‘comments’ I wrote, “Good to be here.”

As this kept occurring at all the schools I went to, I more or less wrote the same comment. I must admit that I considered writing, “Interesting uniforms” at a school that had purple shorts/skirts and green shirts but decided it may be considered cheeky of me. I seriously thought this was something that only happened in Western Kenya up until Friday July 24, 2015.

It was then that I realised this visitor’s book thing at the beginning of a tour seems to

be a national habit.

Not long after Barack Obama emerged from Air Force One at Jomo Kenyatta International Airport, he was seated in front of a desk on the runway signing the visitors’ book. Firstly, just when was the desk put on the runway? Was it placed immediately after the landing, “*wewe Mwangi, carry the flowers. Carry the flowers. Wanjala will get the desk. Hurry before Potus comes down.*” As the world watched this historic occasion, a few of my friends from three different African countries were surprised to be told that what was being signed was a visitors book. They thought Obama was filling out some landing card to obtain his visa.

Just like my experience in Kach, I wondered why they were rushing him to sign it. None of the people I have asked in person or on social media has thus far given me a satisfactory answer. The closest I got to an answer was someone suggesting that it was a deliverable for the welcoming committee. This has me seriously confounded. I am willing to part with an autographed copy of one of my books to the reader who can tell me a good reason why the visitor’s book is signed at the beginning and not at the end of the trip.

I am thinking, it had been some years since Obama was last in Kenya, should he not have been asked to sign the guest book at the end of the trip so he can observe the changes since he was last here and mention them? His comment section would probably have ended up reading: “My brother Uhuru, we rocked that media conference at State House, didn’t we? And the party afterwards with those Sauti Sol boys, Kenya is definitely a hotbed of party people. I had a blast, thank you bro. Oh, and tell Governor Kidero that the grass is definitely greener on this side \*wink\*.” As it is, he probably wrote the sort of message I duplicated at six schools in Kakamega four years ago, “Good to be here.”

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What we saw last week was the fruit of swashbuckling young leaders of the early sixties and the restless feet of airlifted youth racing across the globe.



# Readers corner

Literary Discourse

## Plenty of performances to honour Obama visit

BY COLLINS ODHIAMBO

The presence of the US President in the country last week was marked in a special way in Siaya County.

Senator Obama Primary School was the venue of the investment, cultural and tourism expo festivities that ran for four days in K'Ogelo village.

The event demonstrated the central place the performing arts occupy in society.

Indeed it was a fine opportunity to identify talent and potential. Antony Okello of Senator Obama Secondary School enthralled the audience each day with a variety of verses.

Frefaiza Akinyi of Rang'ala Baby Home ECD led her fellow little Kenyans in giving practical meaning to Chinua Achebe's words: 'A chick that will grow into a cock can be spotted the very day it is hatched!'

Earlier on, St. Oda, Aluor, a school for the visually impaired, held the audience in thrall. The girls' voices delivered a poem on human character, with the refrain '*thuol nigi kwiri, to mar dhano to oloye*', Luo words meaning, the snake is poisonous but a human being's poison is stronger. Only time limitation got them off the stage as Lwak Girls and St Augustine's Nyamonye Girls Secondary School waited on the queue.

Liganwa Primary had their day, too, with a dramatised dance on tourism. Nyakongo Primary displayed a fantastic diversity of musical instruments. Mulaha Secondary School delivered a choral poem on patriotism.

One beautiful thing about all this is that it happened in honour of President Obama, an amazing public performer himself. These performers are destined for greatness.

The writer is the president of Ayp Writers Organisation and author of the Masterpiece English series

## Some guide books can actually help students

BY WINNIE NAMBALA

Guide books or no guide books, understanding of literary texts depends entirely on how the teacher handles the set text.

I am happy that the traditional culture of analysing texts is slowly fading away. That is, the culture of reading texts wholly in class, without analysis, followed by writing notes on all the themes, styles and characters.

This creates hunger for guide books as students search for notes. To make matters worse, some teachers instruct students to get guidebooks and copy notes from there. Literature is not history.

The other problem is the reading technique whereby one student reads a whole page, then the desk-mate reads the next page, and so on. This goes on as the teacher is seated quietly in a corner. This is what creates boredom and lack of interest.

I remember back in the days I would cheekily do other things and wait for my turn to read a page of *Walenisi* and then switch off again.

However, I feel analysis of a book should start from the first page. Let students understand the basics of analysis — plot, themes, styles and characterisation and relate that to their societies. A minimum of two lessons could be used just for the analysis of chapter 1. This should not be a problem even if students had not read the text prior to this first lesson. Remember, most of them, due to a lack of a reading culture, have probably never read a novel its size or bigger.

As stated by Odhiambo Wuod in the article "blame thirst for grades, not literary guidebooks" (*Saturday Nation*, July 25, 2015), not all guide books are bad.

Personally, I don't recommend them, unless a student is attempting revision questions. Some contain questions for every chapter with more questions on the last few pages. These questions, if attempted by the students, would aid in their understanding of texts, chapter by chapter. The teacher can also tell which area the students have a problem with once the questions are marked.

The writer is a literary enthusiast

## Why varsity standards have plummeted over the years

BY OUMA OTIENOH

As the curtains fell on 2014, Prof Okoth Okombo of the University of Nairobi penned a masterpiece on these pages. The piece was dubbed: 'The injustice on jobless graduates' (*Saturday Nation*, December 13, 2014).

The piece stirred up a big debate on this page. Yours Truly was not behind. I did a rejoinder published a week later titled 'We must all learn to start at the bottom rungs of the ladder'.

In the riposte, I mentioned a phrase by Nick Wanjohi, a former Vice-Chancellor of Jomo Kenyatta University who said the more research we carry out, the further we sink into poverty.

Our varsities are supposed to be centres of grand innovations. However, we have turned these institutions into altars of mediocrity.

Certainly, we are ranked very dismally against other world universities with only the University of Nairobi making it to the top 10 list of the best universities in Africa.

Thomas Kuhn once said that the problem with higher education is the lack of a proper philosophy and purpose, and not the lack of resources, donors and strategic plans.

In the recent past, we have witnessed a legion of constituent campuses being upgraded into fully-fledged universities, but it is hard to tell their philosophies as was the case in the past.

We yearn for those days when



Students in a lecture theatre.

different universities were envied for dominance in particular faculties. The University of Nairobi was known for medicine and law, Kenyatta University earned fame for its faculty of education while Egerton University was envied for its faculty of agriculture.

The 2010 Commission of Higher Education report recommended a staff-student ratio of 1:18 for social sciences and 1:7 for medical and applied sciences.

The staff-student ratio at university is shocking as almost all the faculties are surging with massive student enrolment and lack of lecturers.

The shortage of lecturers in some faculties is so acute that even tutorial classes, which were a common practice in faculties with a large number of students, is now a thing of the past.

Without such classes, students are mostly exposed to rote learn-

ing, which does not create room for creative and critical thinking.

Most times the shortage of lecturers is bridged by part-time lecturers who do not spare extra time for students.

The quality of education has been further worsened by the now familiar term, "sexually transmitted degrees". This is rampant amongst the male tutors who demand for sexual favours from the female students in exchange for better grades.

Cases of exam cheating that are common in secondary schools have been reported at universities.

Recently, eight branches of different mainstream universities were closed down in Nairobi. This showed how tertiary education has been commercialised in Kenya to the extent that universities are now fighting for space with business outlets.

Nevertheless, university students also share the blame as most of them exhibit a poor reading culture. I was recently shocked by a biology teacher, a graduate from the University of Nairobi, who had never heard of Ngugi wa Thiong'o's *Weep, Not Child*.

Most university students do not read beyond the school curriculum. Some are not even masters at what they claim to study. Certainly, our varsities will continue to churn out tabula-rasa graduates.

The writer teaches at Ng'iya Girls High School in Siaya County, is the author of several secondary school revision books and is the co-founder of *Eyeball*

## Clear air on engineering training

JAMES OMEDO KIHALI

The fate of thousands of students pursuing engineering courses remains uncertain because the Engineers Board of Kenya, charged with offering practising certificates, has disowned degrees from some of these universities. On the other hand, the Commission for Higher Education has approved the same courses that ERB disowns. Why are these two fighting wars at the expense of innocent students? Do they know the trauma they are causing the affected students and their families?

The affected are all public universities. Why would the government start courses in its own universities, admit students then turn around and say that those courses are not recognised while at the same time continue offering the same courses as well as collecting fees? Is this not obtaining money by false pretence?

How did these universities start offering the engineering courses in the first place and why have they not been stopped?

Moreover, why are we being told at this late hour that these courses are illegal when some students have completed their studies and even graduated?

If there are requirements to be met what are the affected universities doing to regularize the courses?

The writer lives in Bungoma

## Writers are avoiding tribalism

BY BARACK ODUOR

Kenyan writers have earned global recognition for excellence in literary circles. From Ngugi wa Thiong'o's *Weep Not, Child* to Caine Prize winner Yvonne Owuor's *Dust*, books written by Kenyan authors are claiming their rightful share on the global literary stage.

However, we need to tackle the country's tribalism head-on.

It is shocking and shameful that a Kenyan university can be shut because students are fighting along ethnic lines.

This is a sure indication that our education system is doing little to instil nationalism amongst young citizens.

The writer lives in Homa Bay County. nyakwaradade@gmail.com

To contribute to this page, please send your comments to [satnation@ke.nationmedia.com](mailto:satnation@ke.nationmedia.com) or write to The Editor, Saturday Nation, POB 49010, Nairobi 00100.

## Our literary greats must stand up to be counted on promoting reading

BY VIVERE NANDIEMO

Prof Evan Mwangi's literary discourses on these pages are always informative and thought provoking. It is through him that I got to learn about queer literature. His recent article, 'The truth about our literature' (*Saturday Nation*, July 25, 2015) exposed the salient realities of Kenyan literature.

However, going by his earlier discourses, the professor's sentiments reek of dishonesty and doublespeak. In his past article, 'I'm coming back to Kenya but no; I will not teach queer literature' (*Saturday Nation*, April 18, 2015), he accuses the west of misrepresenting African literature. He suggested that African literature can be best savoured and promoted in Africa, and that is why he had come home to teach at Chuka University.

And now, in a strange turnaround, he argues that foreign institutions do a lot to promote our literary creativity more than our own institutions and scholars. He avers: "In promoting our own

literature, foreign institutions are far ahead of us. They are professional and generous, unlike our mean-spirited critics and institutions."

This aside, some of the issues he raised are pertinent to our own literature.

It is apparent that the country's institutions have lost literary and intellectual rigour that was a characteristic of our institutions of learning in the 1970s, 1980s and early 1990s.

I agree with Prof Mwangi that today's institutions are a pale shadow of what they used to be. Intellectual activities such as debates, literary conventions, interactive public lectures and strong researching culture are no more. They have been sacrificed at the altar of extreme greed and materialism. Learners no longer engage in the real pursuit of knowledge, rather they are always preoccupied with getting grades. Professors, on the other hand, are always chasing the elusive shilling at the expense of producing research

papers and journals and writing books. This rot continues to kill our creativity.

It is a sad reality that our mainstream literature has been infiltrated by mediocre issues that kill creative art. Hero worship and narrow ethnic considerations have permeated Kenya's literary landscape.

Just recently, I expressed what I considered my honest take on the shortcomings of Ngugi's writings on these pages and received scathing tribal vituperations.

This ethnic madness is conjoined with the extreme romanticising of our homegrown literary works to the extent that we shy away from exposing their shortcomings. We do not want to admit that David Maillu's works are potboilers. We seem to revere Ngugi Wa Thiong'o so much that we fail to look at some of the literary missteps inherent in his works.

The writer teaches at Sakuri Girls' Secondary School in Kuria, Migori District.



MUSIC REVIEW | Eulogising Murimi wa Kahalf

# Domestic violence theme in music dates back many years

From Queen Jane to Murimi wa Kahalf, singers have tried to unravel why wives batter husbands

BY MAINA WA MUTONYA  
satnation@ke.nationmedia.com

The recent death of Murimi wa Kahalf (Sammy Murimi Nderi) who shot to fame with his bestselling song, *Ino ni Momo* was as unexpected as it was untimely.

As if to mock him, his death coincided with an upsurge of violence against men, especially in Nyeri.

Murimi's *Momo* is a man's lament over an overbearing woman. The male protagonist in the song complains of 'enslavement' to his gigantic spouse.

In recent times, this theme of love, or lack of it, has been presented in popular Gikuyu music.

Wa Kahalf died almost exactly five years after the demise of female artist Queen Jane, a strong defender of women in her songs.

## 2010

The year Gikuyu benga singer Jane Nyambura, better known as Queen Jane, died

The myth of origin and history of the Kikuyu is replete with tensions in gender relations. At some point, the community was under a matriarchal system, but due to alleged harsh rule by women, men revolted and replaced it with a patriarchal system.

But, according to scholars, there was a compromise and the clan titles now retain female names.

Many of the recent Kikuyu popular songs point to the intricate power play in relationships.

In their 'wise' counsel,



FILE | NATION

Musician Murimi wa Kahalf with the lady who appears in his hit video 'Ino ni Momo'.

elders would carefully harp on the different stereotypes of women from Muranga, Kiambu or Nyeri; praising the subservient Murang'a woman while ridiculing her abrasive counterpart from Nyeri.

In the literary scene, gun-wielding Jacinta Wariinga's heroics in splintering the kneecaps of Kihaahu and Gitutu in Ngugi wa Thiongo's *Caaaitani Mutharabaini* well captures the dynamics of the representation of the female figure among the Gikuyu people.

In the years before the repeal of Section 2A, most musicians embraced the romance theme to avoid the hawkish eye of the government censor.

In the early 1990s, and years before that, love songs like *Mariru*, and *Gacheri Muiritu wa Kabete*, ruled the airwaves.

Even when the indefatigable

Queen Jane sang about *Arume Majini* (men are ghosts), and *Arume ni Nyamu* (men are beasts), most of the songs, if not glorifying love, would comment on marital problems.

In the late 1990s into the 2000s, the delicate power relations are encapsulated in songs like *Mama Kiwinya*, (Sam Muraya) *Nyina wa Turera* (Joseph Kariuki) or *Nyina wa Njoro* (Maina wa Nyaguthii), that scathingly attack older women who find comfort in young men.

With the re-invention of the Kamweretho tradition, the Kikuyu woman in the 2000s is carving her niche, when her opposite number, the man, is drowning in illicit brews.

Interestingly, the late Murimi also dabbled in the illicit brew theme that is occasioning this domestic violence due to the

fact that the bottle-hitting man has abandoned all his duties and responsibilities in the house.

His song, *Nduta Roko* (a famous idiom in Central Kenya), talks of drunkards who overcome hangovers by imbibing more alcohol in the morning-after, thus maintaining the drunken stupor and cycle.

Songs like *Momo*, *Mwendwa OCS* and *Bibi Number 2* best capture the image of an empowered woman.

# “

The Kikuyu woman in the 2000s is carving her niche, when her opposite number, the man, is drowning in illicit brew”

Maina wa Mutonya

Franco wa Subukia's *Mwendwa OCS* is a candid portrayal of the domestic violence experienced these days. His girlfriend is an police OCS who easily cocks her gun ready to shoot him whenever he threatens to leave. The second wife gives the protagonist some solace. Is he asking for honest polygamy instead of disappearing into a *mpango ya kando*?

From the foregoing, and with the grim statistics of domestic violence, Muriithi John Walker would be forced to revise his song, *Uhiki wi Murio* (marriage is sweet).

This is the debate that a single hit like *Momo* has elicited. Murimi's interesting take on relationships is one that will be remembered for a long time, as is evident from the appropriation of his metaphor *momo* in everyday parlance.

Maina wa Mutonya is a researcher on Kenyan popular culture. He is based in Mexico. mutonya@gmail.com

## Mixed reactions as county reveals plan to renovate theatre



BY MAGDALENE WANJA  
mwanja@ke.nationmedia.com

Plans by the Nakuru County government to renovate the Nakuru Players Theatre have elicited mixed reactions from the town's thespians. While some have welcomed the move, others strongly feel the old colonial building should retain as much of its historical feel as possible.

The county government has pledged to spend Sh40 million this financial year to refurbish and modernise the facility, a move that could see most of the old equipment discarded and the hall expanded.

Lighting and sound equipment at the theatre are outdated and will have to be replaced.

The Nakuru Players Theatre is one of the oldest buildings in the country. It holds crucial information on how colonial settlers lived and spent their leisure time in the 1930s.

The building was originally a Masonic Lodge and was purchased in 1954 by colonial settlers, with funds from donations from the community, and converted into a theatre.

"The donors included such well known settlers as Lord Egerton and Lord Delamere," says Michael Kamunya, an accomplished thespian and theatre director.

Kamunya says many theatre goers had come to like the old theatre house that has a high roof, a raised podium complete with a pianist's cubicle strategically located not to obstruct the audience's view.

The theatre has preserved old props used in stage performances, minutes recorded during theatre sessions, photographs and enormous volumes of costumes.

The photographs have ensured continuity as young thespians and directors can trace changes in production techniques over the years.

The black and white photographs, dating from the 1930s, tell the story of Nakuru's theatre life that used to attract noble families from as far as England.

The building retains its ancient lighting system that includes floodlights, barten lights and spotlights.

Some thespians have called for the construction of a modern theatre complex without destroying the old theatre house. They want it preserved as a museum of contemporary art.

The theatre has preserved the chairs, tables, props and costumes used on stage by the first set of thespians at the theatre, who were mainly white settlers.

Nakuru Players' theatre chairman Francis Gachau says the new theatre complex will create more space for conferences and meetings.

"We have space next to the old theatre that can be used to set up a modern theatre," said Mr Gachau.

"Many changes have occurred in theatre as technology has evolved and replaced the one-on-one traditional performance and its audience to the digital era," says Lydia Abukhatsi, a theatre producer, actress and teacher.

## WEEK'S PICK

### TODAY PINEAPPLE POOL PARTY

The Swahili Beach Resort at Diani Beach will today host the Ciroc Pineapple launch and pool party. DJ Joe Mfalme, DJ Hypnotiq, DJ Lenium, G Money, DJ Stretch and DJ Bonez will perform. The show will start at 2pm.

### TAFRIJA YA PWANI

The Tafarija ya Pwani show featuring various gospel artists will be held today at the KICC Comesa grounds in Nairobi. The show will feature **Didier Madzayo**, who will launch his debut inspirational song titled 'Fatuma'... The show will start at 11am and end at 6.30pm.

### MTV AFRICA AWARDS PARTY



The MTV Africa Music Awards after party will be held today at the Carnivore Restaurant in Nairobi. It will feature performances by **Diamond Platnumz** (pictured), Sauti Soul, Khuli Chana, King

Kaka and Kansoul. Show starts at 10pm.

### BANKERS NIGHT IN MOMBASA

The Brazuca Sports Pub near Total Kisimani Mombasa will this evening host the Bankers Night. Music by Pwani FM's **DJ Elonn** and hosted by DJs **Kevo and Job**. Show starts at 6pm until dawn. Entry is free.

### GENERAL DEFAO AT EGESA

Congolese crooner **General Defao** will team up this evening with Rumba Japan Band, Vibration Musica and Madanji Perimeter in the '4 Beasts Band show' at the Egessa Villa in Nairobi's Umoja estate.

### DIVAS AND BOSSES NIGHT

Gasaro Hotel in Mtwapa, Kilifi County will

host the 'Bosses and Divas Night' from 6pm. Music will be by DJ Elektrik and Clizzo. The show will start at 6pm.

### MUSYI NIGHT IN MACHAKOS

Benga fans in Machakos and its environs can team up tonight for the Musyi Night to be held at the Machakos Garden Hotel. Those to perform include Simba One and Wote Boys. The show will start at 6pm.

### THOUSAND LAUGHS 2015

The fifth edition of the Nite of a Thousand Laughs will be held today at the Bomas of Kenya. It will feature **Chipukeezy, MC Pilipili, Eric Omondi, Clint D Drunk, DKB** and **Mpho**. The show will start at 7pm.

### TOMORROW

#### FIESTA MILELE AT RUAKA

Join Fiesta Milele every Sunday from 2pm at the Herisquare Lounge in Ruaka. The group features **Titus 'Wagithomo Wa Roho', Elly Mwaha, Daniel Odhiambo, McBillie Thuku, Kennedy Owidy** and **DJ Tongoi**. Entry is free.

### AUGUST 7

#### RUMBA NIGHT IN BAMBURI

The Jamboree Beach Resort Hotel in Bamburi, Mombasa will host a Rumba Night featuring Mike The DJ Kenya. The guest MC will be Radio Citizen's **Francis Luchivya**. The show will start at 6pm.

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# WORLD



## MH370 PROBE LINKS WING PART WITH SIMILAR PLANE

Malaysian authorities say they are close to solving mystery. **Page 41**

**GES** | Starting business is hard but corruption makes it even more daunting

# Summit showed why we must slash red tape, invest in schools

Experiments like harvesting rainwater and giving credit to women and young people should be replicated and multiplied

BY ATUL SINGH

Adam Smith, a professor of moral philosophy who practised in the Scotland of Enlightenment, would have been pleased last week.

For the first time, the Global Entrepreneurship Summit was held in sub-Saharan Africa and US President Barack Obama turned up.

"Africa is on the move," declared the president, who paid obeisance to Prof Smith's idea that humans have the propensity "to truck, barter and exchange".

Prof Smith, a Presbyterian, threw the gauntlet to Catholic mercantilists by declaring that the wealth of a land lay not in its gold and silver, but in the productive capacity of its people.

He saw trade as a win-win situation with the butcher, the brewer and the baker focusing on their crafts and then exchanging the fruits of their efforts, thereby allowing all to consume more meat, whiskey and bread.

Africa, a continent blighted by the legacy of imperialism and the death kiss of bureaucratic socialism, is embracing Prof Smith and ushering in a new zeitgeist. At the summit,

Mr Obama declared that his administration provided more than \$1 billion of support to entrepreneurs around the world last year. This is less than a drop in the ocean when the global economy is valued at over \$77 trillion. Yet it is a start.

The summit was significant for three reasons.

First, it set out a new economic paradigm for Africa. By 2050, Africa's population will double to nearly two billion.

In 15 years, 370 million youth will enter the job market. There is no way governments or big business can employ that number. There are limits to the number of bureaucrats, soldiers and peons that the African taxpayer can fund.

Besides, governments are better off investing in education and infrastructure. Even building ports and railways cannot create enough jobs.

Eventually, it is new small and medium-size enterprises that will employ young Africans.

A key contribution of the Ges is that it makes entrepreneurship "cool" for the young and their leaders.

Second, the Ges recognised the economic potential and entrepreneurial energy of Africa. Silicon Valley is the Mecca of entrepreneurship.

It has geniuses like Steve Jobs and Elon Musk. Bold capitalists take bets on them and engineers march together to transform the planet.

The reality is a little differ-



JEFF ANGOTE | NATION

Participants follow proceedings at the Global Entrepreneurship Summit at the UN headquarters in Gigiri, Nairobi on July 25. Survival in poor countries is an incredibly entrepreneurial affair.

ent to the romance. Silicon Valley has turned bourgeois in many ways. The Facebook generation far too often focuses on its rich world problems and does not give a damn about the fact that more than 750 million people lack access to safe water.

In fact, most people in Silicon Valley now work for big companies like Apple, Google and Facebook while people in many parts of the poorer world have no option but to hustle.

Hardly does anyone in Silicon Valley struggle like women in Lesotho who rear poultry and pigs to make ends meet.

Survival in many poor countries is an incredibly entrepreneurial affair. Slums

in Asia, Africa and Latin America bustle with communities; from barber shops to childcare centres.

Tapping this energy and providing an institutional support system for entrepreneurs to thrive is a big challenge for these countries.

Some experiments like rainwater harvesting, microcredit to women and chronicling local innovations have been successful. These have to be replicated and multiplied.

Third, as Mr Obama pointed out, governments still matter. Corruption blights possibilities for individuals and economies. If entrepreneurs have to spend half their day running from pillar to post to get approvals

and bribe functionaries, they waste time and energy.

Starting something is hard but corruption makes it daunting. The worst aspect of this phenomenon is that governments end up robbing their people instead of building schools, hospitals and roads.

Entrepreneurship in emerging economies would get a great shot in the arm with simple reforms. Investing in schools and slashing red tape would be a good start. Figuring out how to clean garbage would help too.

Mr Singh teaches at the University of California, Berkeley and is the online editor of Publication Fair Observer. [atul.singh@fairobserver.com](mailto:atul.singh@fairobserver.com)

## Mayoral polls held in island nations

BY RIVONALA RAZAFISON  
NATION Correspondent  
Antananarivo, Friday

Malagasy voters have gone to the polls to elect new mayors.

The country has more than eight million voters. The voting stations are more than 20,000.

Over 7,300 candidates contested for 1,695 mayoral seats in the island nation.

Former First Lady Lalao Ravalomanana and ex-PM Albert Camille contested in the capital, Antananarivo.

Dr Jean-Louis Robinson, who was the rival of current leader Hery Rajaonarimampianina during the 2013 presidential runoff contested in the rural commune district of Amparafaravola.

“

Many people have been queuing at the entrance to the polling stations”

Says an observer

As expected, the ruling party HVM had the most number of candidates.

Former presidents Marc Ravalomanana and Andre Andry Rajoelina's parties followed in that order.

The two former ruling parties and leaders struggled to campaign for their candidates.

Observers in Ambohipo District of the capital said few people showed interest in the voting.

The situation was different in rural Madagascar.

"Many people have been queuing at the entrance to the poll station," an observer in Morarano Gare told *Africa Review* by phone.

The last time Madagascar held mayoral elections was December 2007.

## Ex-Zambia minister in court for abuse of office

BY MICHAEL CHAWA  
NATION Correspondent  
Lusaka, Friday

Former Zambia Tourism Minister Sylvia Masebo has been arraigned in court for abuse of office.

She is accused of flouting procedure for cancelling game hunting licences and illegally terminating jobs in the Wildlife Department.

Ms Masebo said she revoked tenders soon after her Patriotic Front Party won elections

in 2011 because she heard complaints about the manner in which the hunting bids were awarded.

She was a member of President Michael Sata's cabinet but was dismissed.

The court adjourned her case until mid August.

"I'm not surprised. I knew as far back as February that the Anti-Corruption Commission would be hunting for me. There is a time for everything," she told journalists outside the court in Lusaka.

She said President Edgar Lungu's admin-

istration was attempting to intimidate her.

The former minister was accompanied by a large group of sympathisers and supporters of the opposition United Party for National Development. She has shown support for its leader Hakainde Hichilema.

Mr Hichilema narrowly lost the presidential election to Mr Lungu (right).

Ms Masebo was sponsored to parliament by the ruling Patriotic Front Party.

Zambia's tourism sector is beset with allegations of corruption and mismanagement.







# VACCINATE AND PROTECT CHILDREN UNDER 5 YEARS AGAINST POLIO

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Together - Let's immunize all our children for a polio free Kenya!!!





# FACTS ABOUT POLIO AND THE PLANNED POLIO VACCINATION CAMPAIGNS

## Background on Polio Eradication

Polio is a highly infectious disease caused by a virus. It attacks the nervous system and can cause total paralysis or death in a matter of hours. Although it can affect persons of all ages, the disease mainly affects children below five years of age, whose immunity to diseases is still weak.

The Global Polio Eradication Initiative (GPEI) has achieved a 99% reduction in polio cases during the last two decades, from nearly 350,000 cases in 1988 to fewer than 400 cases in 2014. This decline is attributed to four strategies namely: routine immunization in health facilities where 4 doses are given to children (at birth, at 6 weeks, at 10 weeks and at 14 weeks of age); conducting mass vaccination campaigns to reach all unvaccinated children; strengthening surveillance to ensure that all cases of paralysis are promptly identified and investigated to rule out polio as well as conducting localized mop vaccination campaigns in selected high risk populations.

## Polio situation in Kenya

The government of Kenya is committed to the global goal of eradicating polio from the face of the earth by 2018. The last indigenous polio virus case in the country was confirmed in 1984. However, Kenya has experienced 4 outbreaks in the last 9 years mainly due to importations/spread from neighboring countries. The last polio outbreak of 2013 resulted in a total of 14 polio cases in Garissa County and it led to the death of two adults.

## Risk profile for Kenya

The risk for polio outbreak in Kenya is still high because not all 1.5 million children targeted for routine immunization in our health facilities every year are reached. Approximately 300,000 children are left out every year. Additionally, Kenya neighbors countries that have weak health systems especially immunization that poses a major risk to the country due to the increased migrations of populations across the porous borders.

The risk analysis done in Kenya in January 2015 showed that 66% of targeted population in Kenya was still at moderate or high risk of getting polio in case an imported case was to be found in the country. The Global Polio Eradication Initiative (GPEI) therefore recommended that Kenya conducts 2 vaccination campaigns in 2015 targeting the areas at risk of polio.

## Stakeholder engagement during the polio campaign planning meetings

In preparation for the vaccination campaigns, several stakeholders have participated in the planning meetings including representatives from the Catholic church. The last national stakeholder consultative meeting was held on 29th July 2015 and resolved that polio vaccination campaigns are necessary for the country to achieve a polio free status and the planned vaccination campaigns would contribute to achievement of this goal.

These polio vaccination campaigns are scheduled to be conducted on 1st to 5th August 2015 targeting 6 million children in 32 counties and on 29th August - 2nd September 2015 targeting 1.8 million children in 11 counties.

## Polio vaccine safety

The Ministry of Health wishes to assure Kenyans that the vaccines used during polio vaccination campaigns are safe and effective and are the same as those routinely used to immunize children in all public, private and faith-based health facilities. Moreover, all vaccines used in Kenya are prequalified by the World Health Organization and sourced by UNICEF. Additionally, all medical supplies and commodities used in the country must undergo rigorous quality control testing procedures by the Pharmacy and Poisons Board; the body legally mandated to ensure quality, safety and efficacy of all medical products under CAP 244 of the Laws of Kenya.

The Ministry of Health therefore appeals to all Kenyans, political leaders, health professionals, religious leaders, community leaders, families and especially caregivers of children below 5 years of age to ensure children do not miss out on these planned rounds of polio campaigns.

**For more information contact:**  
**The Head, Division of Disease Surveillance**  
**and Epidemic Response,**  
**Ministry of Health,**  
**P.O. Box 20781-00202, NAIROBI.**  
**Tel:-0729471414; 0732353535;**  
**E-mail:- [info@ddsr.or.ke](mailto:info@ddsr.or.ke)**  
**Website: [www.ddsr.or.ke](http://www.ddsr.or.ke)**

**Together - Let's immunize all our children for a polio free Kenya!!!**





JUSTICE | Former leader fired his lawyer for meeting President Idriss Deby

# Habre ‘victory’ as trial is delayed

Relatives of victims have been giving their side of the story

**BY AMBA JEAN-MATTHEW**  
NATION Correspondent  
Dakar, Thursday

Hissene Habre, the former Chadian despot now in the dock, is celebrating a victory of sorts after judges at the African Union-backed court adjourned his trial to September 7.

Mr Habre threw his hands in the air in victory as he was driven to his cell. Families of victims wept openly.

The families had hoped for an early guilty verdict.

Mr Habre’s team’s strategy, it seems, is to undermine the court’s legitimacy. After noisily refusing to attend the first day of the trial, the former Chadian strongman and his lawyers have scored a victory by prompting a postponement.

The 45-day breather will give him time to come up with another delaying tactic, now that he has a new team of lawyers.

**Charles Taylor**

Three top lawyers were appointed by the court to replace the initial team that has vowed to stay out of the case.

The families of the victims said the postponement was increasing their pain, anguish and frustration.

To them, the delay is longer than the 15 years of sustained legal battle to have Mr Habre stand trial.

Analysts say the lawyers could succeed in crafting another strategy that would help the former dictator buy time with more adjournments.

Some say another reason for Mr Habre’s early celebration



FILE | AFP  
Protesters with banners in the courtroom during the proceedings of the trial of former Chadian dictator Hissene Habre in Dakar. More than a quarter-century after his reign came to an end, Mr Habre is on trial in what is seen as a test case for African justice.

could be that he expects any jail term imposed on him to be reduced considerably.

But the important thing is few experts doubt that at the end of it all, Mr Habre will be jailed, just like former Liberian warlord Charles Taylor.

Mr Taylor was jailed for crimes against humanity by a Special court backed by the United Nations.

“There is no way Hissene Habré will get away with the crimes he committed against our people,” a confident Chadian witness, Mahmet Mbaré, told the *Africa Review*.

If found guilty, Mr Habre could face up to 30 years in jail,

most likely behind the walls of the Manuel Maximum Security Prison, Dakar.

40,000

The number of people allegedly killed in Chad by the Habre regime from 1982 to 1990

It was recently refurbished with Mr Habre in mind, but he has lately been sharing it with one of Senegal’s popular musicians, Thione Seck, being held in “preventive custody”.

The mbalax musician is ac-

cused of possessing more than \$1 million (Sh100 million) in fake CFA francs, dollars and euros.

Like Mr Taylor, the Chadian despot is accused of crimes against humanity, war crimes, torture as well as the killings or disappearance of 40,000 opponents during his rule from 1982 to 1990.

Mr Habre had problems with his previous defence team.

He sacked one of the lawyers, the Senegalese MP El Haj Diouf, for holding “unauthorised” meetings with current Chadian President Idriss Deby.

President Deby seized power from Habre in 1990 after many years of guerrilla war.

# Chad says 100 Boko Haram killed

N'DJAMENA, Friday

At least 100 fighters have been killed in an operation against Boko Haram Islamists holed up on the islands of Lake Chad, the Chadian army has said.

“Two Chadian soldiers have died, two others injured and 117 terrorists killed in the operation which began two weeks ago,” Col Azem Bermendoa Agouna said.

“For two weeks, Boko Haram terrorists have been trying to infiltrate our islands on Lake Chad to carry out attacks.”

Lake Chad is strategic as it is where the borders of Chad and Nigeria converge with those of Cameroon and Niger.

Boko Haram has carried out raids and suicide bombings in the four countries, which have formed a military alliance along with Benin to tackle it.

“Our armed forces have launched an offensive to dig out and neutralise terrorists on these islands,” Col Azem said.

There was no independent confirmation of the claims.

“Several boats have been destroyed and weapons recovered,” added the colonel, who said the operation targeted the island villages of Koungya, Merikouta, Choua and Blarigui.

“The sweep continues and the definitive toll will be released later.”

About 1,000 Chadian soldiers have been deployed in the area. Chad Government urged villagers to leave before the offensive began.

Boko Haram militants who have killed around 15,000 people since their offensive began in 2009, fall back on the islands when they come under attack in Nigeria. (AFP)

HEARTSTRINGS ENTERTAINMENT

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# Gambia releases more high profile prisoners

BANJUL, Friday

Gambian President Yahya Jammeh has announced the release of nine high-profile prisoners, including military top brass and a Nigerian national axed as the country’s most senior judge.

The pardons are the latest in an unexplained period of clemency since the strongman celebrated 21 years in power earlier this month. More than 200 inmates have been set free.

In a statement released late Thursday, the government named the judge, three military officers, three high-ranking drug enforcement agents and two others among those released.

Former chief justice Joseph Wowo was jailed for two years in 2014 on a string of offences ranging from fraud and abuse of office to conspiracy to pervert the course of justice and interfering with witnesses.

The other pardoned prisoners include former naval



FILE | AFP  
President Jammeh. He has been in office for 21 years.

commander Mamut Sarr, whom civil rights activists say was kept in Banjul’s notorious rison for six years.

Army officers Mam Matarr Secka and Kuluteh Manneh, convicted of various offences, weren’t due for release until 2023. A relative confirmed that Mr Secka had been reunited with his family.

The latest pardons came after Mr Jammeh (left) granted an amnesty on his 21st anniversary in power on Wednesday last week to several former officials convicted of treason.

At the weekend, he freed

12 relatives of the plotters of a failed December coup who had been in jail without charge for up to seven months.

More than 230 prisoners have been released since the amnesty was announced, according to a tally by AFP relying on government figures and information from various rights groups.

A sliver of land nestled within Senegal, the Gambia has over the years seen the arrest and jailing of numerous senior military and police officers for treason, drug trafficking and corruption.

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**PUBLIC AUCTION**  
Under instructions received from our clients, the chargees under their statutory power of sale, we shall sale the under mentioned property by Public Auction.  
**1. ON FRIDAY 14TH AUGUST, 2015 AT OUR OFFICE N.S.S.F BUILDING 4TH FLOOR, MOMBASA AT 10.00A.M**  
All that piece or parcel of land known as L.R.No Kwale/Mwaluganje 'A/10-Kwale County. Measuring eight decimal three four (8.34) hectares, an equivalent of approximately 20.5 acres.  
This property is part of the larger Mwaluganje elephant sanctuary and is located at the main entrance gate and runs upto Marere river which marks its eastern boundary. It is about 2kms off the Murram road to Kinango within Kwale District.  
The title is held on an absolute proprietorship interest and registered at Kwale District land registry under the registered land act, cap 300 laws of Kenya. The title is registered in the name of Francis Makonyi Njeru as the sole proprietor. Mains water and electricity are connected and drainage is through septic tank and soak pit.  
**2. ON FRIDAY 7TH AUGUST, 2015 AT OUR OFFICE N.S.S.F BUILDING 4TH FLOOR AT 10.00PM**  
Motor vehicle Toyota Caldina S/Wagon Registration Number KAX 068 B.  
**CONDITIONS OF SALE:**  
1. All interested bidders are requested to view the items themselves and verify the details as these are not warranted by the Auctioneers or principals.  
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**AVIATION MYSTERY** | Two-metre long wreckage, known as flaperon, found in La Reunion island

# MH370 probe links wing part to similar plane

The aircraft was travelling from Kuala Lumpur to Beijing and had 239 passengers and crew

KUALA LUMPUR, Friday

Investigators are moving close to solving the mystery of MH370, Malaysia's deputy transport minister has said.

He added that the wreckage found in the Indian Ocean had been confirmed as coming from a Boeing 777.

"I believe that we are moving close to solving the mystery of MH370. This could be the convincing evidence that the plane went down in the Indian Ocean," Mr Abdul Aziz Kaprawi told

journalists.

He said a part number stencilled on the piece of wreckage recovered on the Indian Ocean island of La Reunion on Wednesday confirmed that came from a Boeing 777.

The ill-fated jet, which vanished 16 months ago with 239 passengers and crew, was a Boeing 777.

Investigators believe it mysteriously diverted off its flight path from Kuala Lumpur to Beijing in March, last year and later crashed in the southern Indian Ocean.

There have been no other crashes of that aircraft model in that part of the world.

"From the part number, it is confirmed that it is from a Boeing 777 aircraft. This information is from Malaysia Airlines," he said.

AFP was not able to reach Malaysia Airlines for comment.



PHOTO | AFP

Johnny Begue, a member of a cleaning association with the remains of a suitcase found where he and his friends also found the part of a Boeing 777 wing.

The wing component found on the French island of La Reunion bears the part number "657 BB", according to photos of the debris.

The two-metre long piece of wreckage, known as a flaperon, has been sent to France for analysis.

Mr Aziz's remarks are the latest official statement pointing to the increasingly likelihood that the piece of wreckage came from the missing plane.

Hopes are rising fast that the part can soon be conclusively identified in order to resolve one of aviation's great mysteries.

Mr Aziz said the most definitive confirmation of its origin would have to come from Boeing, saying the aircraft manufacturer performed modifications to the flaperon that would make it easy to identify.

He said Malaysian investigators had already arrived in France. (AFP)

**LETTER FROM AMERICA** | Randall Smith

## Americans show little concern for drying aquifers, blame politics



FILE | AFP

A farmer with his cattle in Nebraska. Aquifers are drying rapidly.

For all of my life, I've driven through the great wheat fields of Kansas, South Dakota and Nebraska. The flat highway is where I've dreamed about where I was heading – usually vacation lands to the West. I always took those grain fields for granted.

Not anymore. For the last several years, news organisations have been reporting about the dwindling underground water supply.

Most of the Midwestern farm fields and people get their water from the Ogallala Aquifer, the giant reservoir. Kansas Water Office reported last year that the Ogallala would be down by 70 per cent in 50 years.

To put this in perspective, the National Association of Wheat Growers says one acre of Kansas wheat feeds 9,000 people a day. Roughly, half of that wheat is exported to

Japan, Nigeria and Mexico.

So the impact of this problem is not just the Midwest. America is supplying 25 per cent of the world's wheat, according to the USDA. Once the Ogallala goes dry, it will take 6,000 years to replenish it.

So the crises ought to be big news in America and overseas.

But the Donald Trump antics are getting more attention than the simple fact that we're potentially running out of water.

On the other side of the world, China is building the world's largest city. Nine cities are being joined in the Pearl River delta that will eventually have over 40 million people. The idea is to use the synergies – health care, water, sewage – in a team-like manner to offset future shortages and create opportunities.

On another hyper model, the Chinese have committed \$62 billion to move water from the south to the north. The idea came originally from Chairman Mao, who said in 1952 that it might be necessary "to borrow a little water from the south." China's future – particularly that of Beijing – is at great peril if this project is not successful.

Might it be time for American planners to start thinking boldly?

The five Great Lakes – Huron, Michigan, Superior, Erie and Ontario – sit on the northern border and contain a fifth of the world's fresh water. The Environmental Protection Agency says only the polar ice caps have as much fresh water.

Might there be some way to use this fresh water to give aid to California's vegetable and fruit fields and our great Midwestern wheat states?

The last time that America undertook any big water project was during the Depression.

That was when the Tennessee Valley Project was started to control flooding and help regulate supply of water in the southern states.

As you might expect, the idea was challenged and ended up being settled by the Supreme Court – just like the current controversy over health care. Similar projects occurred around the country, like the Central Valley Project in California.

## Erdogan denies claims that Turkey is aiding IS fighters

JAKARTA, Friday

President Recep Tayyip Erdogan has fiercely denied suggestions Turkey was assisting Islamic State militants, accusing "dark powers" of spreading propaganda about his country.

During a visit to Indonesia, the president said Turkey had suffered "significant losses" in its battle against terrorists but was determined to keep up the fight, pointing to military operations launched in the last few days.

Turkey launched strikes against IS last week following a devastating suicide bombing in a border town, and shortly after gave the US approval to use the strategic Incirlik Air Base near the Syrian border.

But after initially targeting the IS group, the campaign has become increasingly focused on Kurdistan Workers' Party militants, with the Turkish air force launching a wave of new assaults on PKK targets.

The PKK has accused Ankara of collaborating with IS, while Turkey's main pro-Kurdish party claims Mr Erdogan is using strikes against the jihadists as cover for its main goal of eroding the PKK.

Though not naming the PKK, Mr Erdogan said "dark powers" were spread-

ing misinformation about Turkey, dismissing the allegations as ungrounded and unjustified.

"Unfortunately, these dark powers or circles try to convey the image – the black propaganda – that Turkey is assisting this kind of terrorist organisation," Mr Erdogan, through a translator, told an audience at a military thinktank in Jakarta at the start of his two-day visit to Indonesia.

"Never has Turkey been involved in this kind of a scenario and never will it be," he added.

Syria's foreign ministry this week also expressed scepticism about Turkish efforts to fight IS, suggesting internal factors were at play.

Turkey had long been reluctant to take action against IS militants. Its failure to let US planes use Incirlik for raids against IS in Syria had caused irritation in Washington.

Turkey's decision to lump IS with Kurdish forces who bitterly oppose the jihadist group has surprised some Western allies, but NATO united behind the alliance's only Muslim member.

He also used his speech to criticise countries trying to "pass the blame to Turkey" because they couldn't keep track of their own citizens travelling to fight with IS militants. (AFP)

## Taliban now appoint a new leader

KABUL, Friday

The Taliban appointed Mullah Akhtar Mansour as the new leader of the Afghan insurgent group, marking a historic power transition for the militant movement.

The announcement comes a day after the insurgents confirmed the death of their elusive leader Mullah Omar, who led the fractious group, which waging a bloody war in Afghanistan, for 20 years.

“

The leadership council appointed his close and trusted friend and his former deputy”

**Taliban statement**

Mansour, a longtime trusted deputy of Omar, takes charge as the Taliban confronts growing internal divisions and is threatened by the rise of the Islamic State, the Middle East jihadist outfit that is making inroads in Afghanistan.

"After Omar's death, the leadership council and Islamic scholars of the country, after long consultations, appointed his close and trusted friend and his former deputy Mullah Akhtar Mansour as the leader," the Taliban said in a Pashto-language statement posted on their website.

The Taliban on Thursday said Omar died of sickness, without specifying when, a day after the Afghan government said the one-eyed warrior-cleric had passed away in Pakistan two years ago. (AFP)

## Latvia to buy missiles

RIGA, Friday

Latvia has said it will buy Stinger ground-to-air missiles from the United States next year, amid concern in the ex-Soviet Baltic state over Russia's sabre-rattling.

"A decision was taken to buy the Stinger missile system," Latvian chief of defence Lt-Gen Raimonds Graube said on television.

He added that the total cost and number of missiles would be decided after the EU and NATO member agrees next year's budget, which is likely to happen in October.

He said the Stingers would likely be kept at the Adazi military base near capital Riga – the same base due to host heavy US weaponry starting later this year as part of a reinforcement of Baltic defences announced last month.

Baltic nations have been watching Russia warily since it annexed Ukraine's Crimea in March last year.

Russia has also been accused by the West and Kiev of backing and arming separatists in eastern Ukraine. (AFP)



# BUSINESS



## UNLOCKING GROWTH

Mid-sized firms urged to benchmark with peers through Top 100 survey. **Page 44**

**EARNINGS** | Shareholders to get Sh6 dividend payout per share

# Brewer rides on high sales of spirits to post Sh9.6bn profit

East African Breweries sees brighter future after revision of taxes for low-end beer products

BY EDWIN OKOTH

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**E**ast African Breweries has announced a 40 per cent jump in profits for the year ending June 2015 to Sh9.6 billion.

The company has attributed the earnings surge to increased sales of its spirits, premium beer and ready to drink products as well as an overall growth from its three subsidiaries.

The firm's Group Managing Director Charles Ireland said the growth presents a brighter future for the beer maker after the recent tax revision on its low-end market beer, senator keg.

"We are pleased with this performance and certainly our shareholders will equally be pleased given the overall economic conditions in the market. Our efforts to add value to our shareholders and clients however will be stepped up as we engage strategies to respond to the existing challenges including the depreciations in the East African currencies against the US dollar," Mr Ireland said.

## Dividend

East African Breweries recorded a six per cent rise in net sales to bring in Sh64.4 billion led by high sales of spirits across the region.

Kenya remains the anchor market for the regional beer maker contributing 61 per cent followed by Uganda (18 per cent) and Tanzania (11 per cent) as the other 10 per cent is shared by the other markets.

Shareholders will now receive a Sh6 dividend pay-out per share after the board made the 50 per



SALATON NJAU | NATION

From left: EABL Group managing director Charles Ireland, board chairman Charles Muchene and Group finance director Tracey Barnes during the release of the company's financial results for the period ending June 30 at the Intercontinental Hotel, in Nairobi, yesterday.

cent increase in earnings per share compared to last year.

Board chairman Charles Muchene said the brewer will come out even stronger from the previous challenges.

"We had some challenges but we remained strong through them. Changes in taxes, business disruptions from the fight against illicit drinks, the local currency fluctuations, the elec-

tion coming up in Tanzania and situation in Burundi all presented challenges. The performance shows that this business is in good hands and we will continue to grow," Mr Muchene said.

Last year, East African Breweries posted an after-tax profit of Sh6.85 billion. The firm's low-end market beer — Senator Keg — had been hit by a tax that saw its price increase, reducing consumption. Senator Keg had a 75 per cent drop in sales but has since grown more than six times in sales after the tax was revised from July 1.

East African Breweries also took a big hit from the volatile exchange rate, losing Sh900 million in foreign exchange this year. The firm is now planning on a

hedging strategy to cushion its margins.

Going forward, the company will increase volumes and productivity, strengthen its focus on the spirits segment after recording a 31 per cent regional growth in the last one year and source its raw materials locally.

## Expand distribution

Kenya Breweries Limited Managing Director Jane Karuku said the brewer had finalised plans to expand its distribution outlets across the country.

"We have over 1,000 new outlet licenses across the country and we expect to continue with more expansion for our distribution going forward," Ms Karuku said.

“

We're pleased with this performance and certainly our shareholders will equally be pleased"

**East African Breweries Group Managing Director Charles Ireland**

**900m**

Amount in shillings East African Breweries says it lost due to a volatile forex market this year

# Communications agency board told to resume office

BY NATION CORRESPONDENT

The board of the Communications Authority of Kenya can resume office pending final hearing of a case questioning its legality.

"The board has been reinstated pending an indefinite hearing, activities can now resume as normal. The Court of Appeal has in another ruling allowed the authority to go on with top management restructuring," board chairman Ben Ngene Gituku said yesterday.

The ruling allowing the board a stay was delivered by Justice Kihara Kariuki on behalf of Justice Sankale Ole Kantai, Erastus M Githinji and Jamila Mohammed.

Last month, the Court of Appeal had quashed the board's request to stay in office.

Soon after, the office of the ombudsman opened investigations into claims of irregular allowances paid to the board.

Mr Justice Kariuki's ruling now overturns the orders issued last

month. Without its seven-member board, decision making at the CA had hit a brick wall.

The board members taking back office are; Mr Wilbert Choge, Mr Ken Nyaundi, Ms Grace Munjuri, Prof Levi Obonyo, Ms Hellen Kinoti, Ms Beatrice Opee and Mr Peter Mutie.

The team will now begin the recruitment of top management that had initially been stopped by the Court of Appeal.

The case challenging the legality of the board was filed by Mr Adrian

Kamotho Njenga on October 24, last year.

He said that the board was set against the timelines dictated by the law.

Mr Njenga has said he will challenge the latest decision at the Supreme Court. "It's dangerous to have the board carry out procedures. The board is disputed, and it might continue to contract third parties, who might eventually suffer if the court finds that the board was in office illegally," he said.

# Cost of living eases as food prices drop

BY NATION CORRESPONDENT

The cost of living in July eased with inflation falling to a four-month low of 6.62 per cent on account of a reduction in the prices of food.

The new data defies analysts' expectations that there would be a surge in the cost of living following the weakening of the Kenya shilling against major currencies.

The fall in the cost of living was supported by a decline in prices of key commodities such as maize, potatoes and cabbages.

The price of a kilo of cabbage declined the most by 5.32 per cent in the period, followed by a 2.51 per cent drop in the price of a similar quantity of kale.

“

This resulted from observed decreases in prices of several food items outweighing the increases"

**Kenya National Bureau of Standards' Zachary Mwangi**

In the period under review, the price of a kilo of Irish potatoes declined by 1.23 per cent, pushing the cost of living further down.

## Interest rates

The reduction in inflation comes on the back of a weakening shilling and high interest rates, which were expected to lead to high cost of living.

Decline in food prices pushed down the food and non-alcoholic drinks' index by 0.6 per cent between June and July, the Kenya National Bureau of Statistics (KNBS), said.

"This resulted from observed decreases in prices of several food items outweighing the increases," KNBS director-general Zachary Mwangi said in the update.

Housing, water and electricity, gas and other fuels' index increased by 0.76 per cent between June and July due to an upswing in pump prices.

## Inflation

Transportation cost also rose by 0.93 per cent in the period due to a mid-month upward review of petrol and diesel prices.

Analysts expected inflation to surpass the 9 per cent mark this year following a weakening of the Kenya shilling by about 12 per cent so far.

The government's medium-term outlook for inflation is between 2.5 per cent and 7.5 per cent.



**TRADE** | Low turnout puts a damper on Kisumu show



Mr Tonny Kwache admires Maasai beads at a stand during the ongoing Kisumu Agricultural Show yesterday. The 2015 show has registered a low turnout from both visitors and exhibitors.

TOM OTIENO | NATION

## Kenyan technology start-ups to pitch at African expo

**BY NATION CORRESPONDENT**

Six start-ups have been shortlisted from hundreds of promising technology ideas in Africa to represent Kenya in this year's Demo Africa in Lagos, Nigeria.

The six will join 30 other technology start-ups from Africa to pitch at this year's Demo Africa expo.

"We are excited at the opportunities that technology has presented to our African youth in creating jobs and wealth.

This is a great moment in the history of Africa, steadily rising to establish its digital footprint in the world. Congratulations to the finalists," said the Director-General of Nigeria National Information Technology Development Agency Peter Jack.

Kenya is second in the number of representatives while last year's giant, Nigeria, tops the list again with eight participants.

South Africa, which is represented by three start-ups, is third after Ghana, Egypt, Cameroon and Zimbabwe who are

each represented by two start-ups. Uganda, Tanzania and new entrant, Ivory Coast, will each be represented by one start-up.

The presence of Ivory Coast is a signal that more African nations are warming up to the ability of the continent to develop platforms that solve various problems.

### Finance and banking

The start-ups covered varied categories with the most innovations falling within finance and banking.

Other popular segments are education, transport and logistics, retail, communication and media.

"I would like to congratulate every entrepreneur that took part in the DEMO Africa challenge, though the stage can only accommodate 30 entrepreneurs this year. Our pride is particularly in the large numbers of entrepreneurs that continue to support the cause to have Africa-generated solutions," Mr Harry Hare, the executive producer of Demo Africa said.

**ROW** | Manufacturers have been blaming KRA for blocking them from business

# Obey set rules on excise duty, taxman tells firms

Authority asks companies having challenges with the law to get in touch with it for help

**BY EDWIN OKOTH**

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**K**enya Revenue Authority has held on to its position on issuance of excise duty tax licence, saying manufacturers and importers must meet the set rules.

During a meeting with the Kenya Association of Manufacturers (KAM) yesterday, KRA Commissioner of Domestic Taxes Alice Owuor told the lobby group that firms having challenges in complying should write to the taxman for resolution.

"KRA reassured KAM that the authority operates within a statutory mandate and that excise duty is payable pursuant to the provisions of the fifth schedule to the Customs and Excise Act. It is an offence under Section 185(1) (d) (iii) of the Act to be in possession, purchase or consume excisable goods manufactured or imported or sold by unlicensed persons," a statement released after the meeting read.

The meeting, which attracted leaders from both sides was held at the KRA offices and addressed challenges cited by manufactures and importers in licensing of excisable goods.

The meeting came a day after the manufacturer's umbrella body blamed KRA for locking out over 80 per cent

of its members from business.

The taxman said that manufacturers will need to comply with the law that requires them to obtain the excise tax licence, which authorises them to manufacture and sell excisable goods.

### Blocking businesses

According to an advert published last week, KRA has licensed only 85 manufacturers and 48 importers, blocking hundreds of others from trading given that KAM membership exceeds 850.

Manufacturers and importers of excisable goods experiencing difficulties in complying with the new requirements were advised to write

to KRA highlighting their difficulties and where applicable, attach supporting evidence.

"KRA, through an internal committee will review all appeals from the different companies within the sectors and issue them with letters allowing them to continue operating and also enable them sell goods that were manufactured prior to the public notice issued by KRA on 24th July that listed companies licensed to transact in excisable goods," the statement said.

### Compliance

On Wednesday, KAM said the taxman had denied over 80 per cent of its members the excise tax licence, effectively prohibiting them from making and selling excisable goods.

The industrialists blamed the taxman for failure to properly co-ordinate implementation of new legal requirements, causing delays in compliance.

"Manufacturers, who are awaiting the processing of their applications, are not allowed to sell any goods in the interim period," said KAM chief executive Phyllis Wakiaga.

KRA expects to collect Sh1.35 trillion to support the Sh2.2 trillion budget for the current financial year.

“

KRA will review all appeals from the different companies within the sectors and issue them with letters allowing them to continue operating”

Kenya Revenue Authority

## Kebs postpones deadline for getting quality stickers

**BY NATION CORRESPONDENT**

The deadline for acquisition of new quality mark for imported goods has been postponed.

A statement from the Kenya Bureau of Standards (Kebs) says that the August 1 deadline will not come into force immediately.

The agency has said it will use the month of August to perfect the system and also train stakeholders on the new mark.

"But the period shall also

not be extended beyond March 2016," Kebs managing director Charles Ongwae said.

Kebs recently held a meeting with importers and clearing agents drawn from Mombasa to train them on the new, secure quality mark for all imported goods.

Mr Ongwae said the bureau has developed a more secure mark of quality that will have diverse features, which are tamper proof, complete with a track and trace software.

"The new secure systems ob-

jective is to curtail counterfeiting of Kebs' quality marks and also provide a platform through which Kebs will carry out real-time field inspection of goods bearing Kebs quality certification marks," Mr Ongwae said.

He added that phase one of the project will target all imported products intended for sale in the local market.

The new system will also provide an online platform for consumers to authenticate the legitimacy of certification of goods before purchase.

"All importers of goods, will be required to purchase the new Import Standardisation Mark stickers directly from Kebs," said Mr Ongwae.

The new marks will be issued as stickers that are specific to each product or consignment.

Additionally, the stickers shall also bear security features plus a QR code that a smartphone is able to scan.

The new directive is aimed at safeguarding Kenyans from dealers who have been faking quality marks.

## Platform connects East Africa farmers with grain buyers

**BY NATION CORRESPONDENT**

An online trading platform that helps farmers to sell their grains in the region has been unveiled.

The platform, G-Soko, which links smallholder farmers to grain buyers has been developed by a Kenyan-based IT firm Virtual City in partnership with the Eastern Africa Grain Council (EAGC) and the Food Trade Eastern and Southern Africa organisation.

According to the council, the deal is part of a five-year trade enhancement and promotion programme.

“

We wanted to address this deficiency. This is why we developed G-Soko; a platform that will enhance food trade across borders”

Mr Gerald Masila

Linking rural food production zones in East Africa to urban consumption centres requires a well-functioning regional market, said the council.

"We wanted to address this deficiency. This is why we developed G-Soko; a market transaction platform that will enhance food trade across borders, and contribute towards making trading more transparent," said EAGC executive director Gerald Masila.

### Grain as collateral

Through G-Soko, farmers would aggregate their produce through a certified warehouse and also access financial services using their grain stocks as collateral.

G-Soko will help grain farmers in East Africa to trade competitively and transparently.

According to Virtual City managing director, Mr John Waibochi, the system addresses the challenge of inadequate funds by devising affordable export/import financing plans.



**BENCHMARKING** | Rigorous review targets firms with annual turnovers of between Sh70 million and Sh1 billion

# Top 100 survey unlocks growth, companies told

Investment firms that have participated in the competition before report increased trade

BY BOZO JENJE  
bjenje@ke.nationmedia.com

Kenyan entrepreneurs have been urged to benchmark against peers as way to propel their firms to the next phase of growth. Consulting firm KPMG's regional senior manager for marketing knowledge and communication Abijah Kanene said such positioning can be gained through participation in

the Top 100 survey. The Top 100 competition that targets medium-sized companies is currently receiving entries from firms. Ms Kanene said participating in the annual survey would not only put the medium entities under the rigour of intensive review, but also open the doors to networking and alliances that are critical for growth. The Top 100 survey ranks companies with annual turnovers of between Sh70 million and Sh1 billion. Participating enterprises must submit three years of audited financial records. Ms Kanene spoke at the Mombasa Serena Hotel during the launch of



WACHIRA MWANGI | NATION

Investors follow a presentation during Kenya Top 100 survey launch at the Serena Beach Hotel, in Mombasa, on Thursday.

this year's survey, in Mombasa, on Thursday. Mombasa-based entrepreneur Ivan De Souza, who was in the Top 100 competition last year said participating in the survey had enabled his company — the Coast Industrial and Safety Supplies — to re-invent and expand. Mr De Souza said that since his

company featured in the Top 100, financiers and suppliers have knocked on his door with attractive credit lines. “Being recognised among the Top 100 companies has led various firms to associate and do business with us,” Mr De Souza said. *Business Daily* managing editor Ochieng Rapuro urged companies to take advantage of the platform that

the Nation Media Group offers to build their brands in the region. Mr Rapuro said proper positioning of the media was the best way to build a brand. “We have been in Uganda for five years, Tanzania for four years and Rwanda for three years, giving the competition a truly regional outlook,” he said.

“Being recognised among the Top 100 companies has led various firms to associate and do business with us”  
**Entrepreneur**  
Ivan De Souza

NAIROBI SECURITIES EXCHANGE					
Last 12 Mths		Security	Prices		Shares
High	Low		Yesterday	Previous	
Agricultural					
100.00	26.00	Eaagads Ord 1.25	34.50	35.00	6,700
363.00	110.00	Kakuzi Ord 5.00	355.00	35.00	100
200.00	120.00	Kapchorua Tea Co Ord 5.00	218.00	242.00	500
1,248.00	620.00	The Limuru Tea Co. Ord 20.00		1,090.00	
-	-	Rea Vipingo Plantations Ord 5.00		27.50	
18.50	11.50	Sasini Ltd Ord 1.00	17.10	16.95	19,500
435.00	240.00	Williamson Tea Kenya 5.00	397.00	395.00	500
Automobiles & Accessories					
62.00	31.00	Car & General (K) Ord 5.00		44.75	
13.60	8.00	Marshalls (E.A.) Ord 5.00	13.10	13.00	400
9.40	4.75	Sameer Africa Ord 5.00	4.90	4.90	2,200
Banking					
18.45	14.00	Barclays Bank Ord 0.50	14.05	14.35	198,200
155.00	94.00	CFC Stanbic of Kenya Holdings Ord 5.00	95.00	95.00	11,100
280.00	193.00	Diamond Trust Bank Ord 4.00	205.00	205.00	25,300
63.00	31.00	Equity Bank Ord 0.50	39.25	41.00	10,566,100
55.00	20.50	Housing Finance Co Ord 5.00	23.00	24.00	45,200
147.00	106.00	I & M Holdings Ltd Ord 1.00	106.00	106.00	100
65.50	42.25	KCB Ord 1.00	50.00	50.50	6,399,500
34.00	16.00	NBK Ord 5.00	18.90	20.00	17,300
85.00	47.00	NIC Bank Ord 5.00	49.50	48.75	25,200
357.00	265.00	StandardChartered Ord 5.00	270.00	277.00	5,200
25.00	17.10	Co-op Bank of Kenya Ord 1.00	19.75	20.25	64,800
Commercial & Services					
13.75	9.50	Atlas Development & Support Services		10.00	
8.50	4.15	Express Ord 5.00	5.00	5.00	3,500
-	-	Hutchings Biemer Ord 5.00		20.25	
13.50	5.85	Kenya Airways Ord 5.00	5.70	6.30	99,300
30.75	6.45	Longhorn Kenya Ord 1.00	7.00	6.65	1,800
325.00	178.00	Nation Media Group Ord 2.50	187.00	181.00	1,400
47.50	26.25	Standard Group Ord 5.00	39.00	39.00	300
49.50	32.00	TPS EA (Serena) Ord 1.00	35.00	36.00	7,000
15.60	6.70	Uchumi Supermarket Ord 5.00	7.25	7.30	23,700
52.00	35.25	WPP ScanGroup Ord 1.00	38.75	39.00	132,500
Construction & Allied					
95.00	66.50	ARM Cement Ord 1.00	63.00	69.00	2,000
206.00	135.00	BamburCement Ord 5.00	154.00	152.00	500
175.00	54.00	Crown Paints Kenya Ord 5.00	62.50	64.00	1,600
17.00	14.00	E.A.Cables Ord 0.50	15.70	15.70	44,100
110.00	51.00	E.A.Portland Cement Ord 5.00		54.00	
Energy & Petroleum					
13.15	8.00	KenGen Ord 2.50	8.45	8.50	115,800
10.50	7.55	KenolKobil Ltd Ord 0.05	8.00	8.00	81,700
18.50	12.85	KP&LC Ord 2.50	16.00	16.05	1,683,500
7.50	5.30	KP&LC 4% Pref.20.00		5.30	
-	-	KP&LC 7% Pref.20.00		5.50	
32.00	20.25	Total Kenya Ord 5.00	20.75	20.25	3,600
23.00	13.00	Umeme Ltd Ord 0.50	17.00	16.00	500
Insurance					
40.00	14.00	British American Investments Co.0.10	17.45	17.20	1,060,100
12.40	6.00	CIC Insurance Group Ord 1.00	7.00	6.80	329,700
599.00	301.00	Jubilee Holdings Ord 5.00	560.00	560.00	10,400
21.00	15.45	Kenya Re Corporation Ord 2.50	16.50	16.30	21,400
26.50	15.10	Liberty Kenya Holdings Ord 1.00	21.75	21.50	3,500
142.00	61.00	Pan Africa Insurance Ord 5.00	72.00	74.50	8,900
Investment					
84.50	35.00	Centum Investment Co Ord 0.50	52.00	53.50	136,200
5.80	2.30	Home Afrika Ltd Ord 1.00	2.45	2.50	58,400
1,500	1,500	Kurwitu Ventures Ltd Ord 100.00		1,500.00	
10.85	2.50	Olympia Capital Holdings Ord 5.00	4.95	4.95	15,000
30.00	12.00	Trans-Century LtdOrd 0.50	15.20	15.50	3,100

Investment Services									
28.00	15.00	Nairobi Securities Exchange Ord 4.00			20.00	19.70	573,400		
Manufacturing & Allied									
-		A.Baumann & Co. Ord 5.00				11.10			
165.00	120.00	B.O.C Kenya Ord 5.00				133.00			
1050.00	521.00	British American Tobacco Kenya Ord 10.00			741.00	798.00	1,200		
37.00	14.00	Carbacid Investments Ord 1.00			16.95	17.75	91,600		
355.00	250.00	East African Breweries Ord 2.00			294.00	285.00	578,900		
5.35	2.65	Eveready EA Ord 1.00			3.90	3.85	7,400		
14.00	7.15	Flame Tree Group Holdings Ord. 0.825			7.80	8.00	300		
192.00	4.40	Kenya Orchards Ord 5.00				100.00			
3.85	1.35	Mumias Sugar Co. Ord 2.00			1.90	1.85	1,364,200		
56.50	22.00	Unga Group Ord 5.00			45.00	45.00	18,300		
Telecommunication & Technology									
17.90	11.75	Safaricom Ltd Ord. 0.05			14.40	14.95	15,653,100		
NSE ALL SHARE INDEX (NASI)-01st Jan 2008=100 Down 2.56 points to close at 148.39									
NSE 20-SHARE INDEX- (1966=100) Down 82.65 points to close at 4404.72									
BANK RATES									
		Euro	\$	£	C\$	SF	IR	JY	ZR
ABC	buy	111.34	101.50	158.34	-	104.64	1.59	81.72	8.01
	sell	111.76	101.70	158.86	-	104.95	1.59	81.95	8.09
Barclays	buy	111.76	102.20	159.40	78.59	105.58	1.59	82.37	8.04
	sell	112.18	102.40	160.00	78.87	103.01	1.53	82.66	8.06
Co-op	buy	111.80	102.15	159.45	78.61	105.59	1.59	82.39	7.89
	sell	112.04	102.04	158.81	78.79	105.91	1.59	82.58	8.17
Equity	buy	113.28	102.20	160.02	78.69	106.84	1.50	82.69	8.08
	sell	113.52	102.40	160.40	78.86	107.08	1.51	82.87	8.12
NBK	buy	111.33	101.70	158.32	78.23	105.13	1.58	82.03	8.00
	sell	112.41	102.70	160.35	79.04	106.27	1.60	82.85	8.09
KCB	buy	113.38	102.20	159.95	78.70	106.87	1.59	82.61	8.00
	sell	113.78	102.40	160.35	79.10	107.27	1.60	83.01	8.30
CBA	buy	112.29	102.40	159.40	77.39	106.39	1.59	82.39	8.03
	sell	112.53	102.60	159.73	77.91	106.64	1.59	82.58	8.05
CFC Stanbic	buy	111.97	102.40	159.83	78.76	105.89	1.59	82.55	8.05
	sell	112.21	102.50	160.14	78.91	106.10	1.80	82.71	8.15
GulfAfrican	buy	111.81	102.20	159.51	78.63	105.65	1.59	82.39	8.04
	sell	112.05	102.40	159.86	78.79	105.88	1.59	82.56	8.07
FCB	buy	112.00	101.80	159.00	78.00	105.80	1.30	82.40	7.00
	sell	112.80	102.40	159.50	79.00	106.50	1.60	83.40	9.00
Prime	buy	110.65	101.00	156.50	77.50	105.20	1.58	81.50	8.10
	sell	111.05	101.50	157.00	78.00	105.70	1.59	82.00	8.30
CBK RATES									
		Mean			Buy		Sell		
1 US Dollar		102.5212			102.4278		102.61747		
1 Sterling Pound		159.9925			159.8283		160.1567		
1 Euro		112.0703			111.9628		112.1778		
1 South African Rand		8.0589			8.0493		8.0685		
Ksh/Ush		33.3298			33.2506		33.4089		
Ksh/Tsh		20.6104			20.5429		20.6780		
1 Ksh/Rwanda Franc		6.7548			6.6755		6.8341		
Ksh/Burundi Franc		14.9433			14.8809		15.0057		
1 UAE Dirham		27.7371			27.7112		27.7630		
1 Canadian Dollar		78.8201			78.7300		78.9101		
1 Swiss Franc		105.9706			105.8576		106.0836		
100 Japanese Yen		82.5952			82.51656		82.6738		
1 Swedish Kroner		11.8820			11.8670		11.8969		
1 Norwegian Kroner		12.5385			12.5127		12.5642		
1 Danish Kroner		15.0210			15.0058		15.0362		
1 Indian Rupee		1.6009			1.5992		1.6026		
1 Hong Kong Dollar		13.2253			13.2132		13.2374		
1 Singapore Dollar		74.5908			74.5092		74.6723		
1 Saudi Riyal		27.3375			27.3119		27.3632		
1 Chinese Yuan		16.5099			16.4945		16.5252		
1 Australian Dollar		74.4688			74.6801		74.8574		



CLASSIFIED  
RATES

ALL CLASSIFICATIONS:  
VAT Inclusive  
All Days 450/= per line per day

Beauty/Medical/Health/  
Herbal & Acupuncture  
Sections  
All Days 550/= per line per day

SEMI DISPLAY  
(BOXED CLASSIFIED)  
All Days 1,750/= per centimetre column +VAT

Minimum size  
4cm x 1 column

Beauty/Medical/Health/  
Herbal & Acupuncture  
Sections  
All Days 2,000/= per centimetre column +VAT  
Minimum size 4cm x 1 column

DNA Voucher Fee 2,500/-

BUREAU OFFICES

**Mombasa**  
Furaha Plaza, Ground floor,  
Nkuruma Road, P.O.BOX 80708  
Tel: 0732 138 900, 0719 038 900,  
020 328 8900.

**Kisumu**  
Mega Plaza, 3rd flr, Wing B  
Tel: (057) 2021699, 2021230  
0734 333 385, 0722 200 770,  
041 222 5479,Fax 2230264

**Eldoret**  
Zion Mall,Wing C,  
Fax (057) 2020388  
Tel: 0719038950/1, 0722 200 773

**Nakuru**  
C.K. Patel Building, Kenyatta  
Avenue  
Te (051) 2215506, 2215740,  
2211688

**Nyeri**  
Kona Hauthi House.  
P.O. BOX 1396,  
Tel: (061) 2030640,  
Tel/Fax: (061) 2034120

READERS ARE ADVISED

To make appropriate enquiries  
and take appropriate advice  
before sending money, incurring  
any expense or entering into  
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Call:  
0719 038 8666/3/4/5/1  
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adcentre@ke.nationmedia.com

NAIROBI &  
UPCOUNTRY

PERSONAL NOTICES

**A109** Lost

**LOSS** of title: Kjd/ Kaputiei North /  
37726 and Kjd/ Kitengela / 13293

**T/DEED** Kiambu- Ngenda/Wamwangi  
/498 Naomi W. Njuguna

**A116** Marriage

**ARE** you in need of help? Want back  
ur partner, wife/husband & restore ur  
love? Is she/he unfaithful & want him  
or her to commit to u alone? Want to  
attract/retain customers & boost ur  
business etc Call Sowali 0722140527,  
0735849923

**BAD** Omen lost love back 30mins  
marriage debt manpower wealth  
promotion business pay after work  
0720152145 Mama Diana & Ukwa

**BAD** Omen Mapenzi marriage debts  
business job promotion etc pay after  
work Mama Eva 0720152177

**CATCH/MONITOR** ua cheating  
partner & whatsapp cal 0739819130

**DO** you need help? Having Problems in  
men impotence business and marriage  
bad omen court case lost love Call  
Irene Mutuko for instant result on  
0710305404

**LONELY** 40+ Call: 0721-861034

**LONELY** singles sms 0722219480

**MATURE** partner sms 0722994635

**SERIOUS** partnerssms 0714385103

**TRACK** ua partner 0788404275

PERSONAL SERVICES

**A167** Acupuncture

**DIABETES** lower your sugar level :  
moringa tree leaves powder call  
0717590009 ,0754736302

**A181** Beauty

**0702160247** new Upperhill Aroma  
**0712924260** in town

**ADAMS** Ngong road 0700600606

**BODY** Care Call 0729727735

**A230** Health

**0202245564** Men's delay spray

**0720052488** Men power, size & delay

**0723408602** Magic slim/weight loss

**0723408602** Marica&Francepower pills

**0723408602** Men's Max Africa Viagra

**0723408602** Men's Vimax size

**0723408602** Vigrx Men's libido desire

**0724989840** size, delay, power

**MENS** big size & confidence 0726272266

**A244** Herbal Medicine

**MEN** big size & power 0720436053

**A258** Marriage & Family Counselling

**DIVORCED** 4 lack of children sms  
ur story 0715-118631

**A279** Notices

PUBLIC NOTICE  
CHANGE OF USE

The owner(s) of **LR. No. 209/7379**  
located along Kolobot Road, Parklands  
propose to change its use from **Single to  
Multiple Dwelling Units (Flats)** subject  
to approval by the Nairobi City County.  
Individuals, institutions, organizations  
etc. with objections or comments to the  
proposal are requested to forward them in  
writing within 14 days of this notice to:  
The Interim County Secretary,  
Nairobi City County,  
P. O. BOX 30075, Nairobi

PUBLIC NOTICE  
PHYSICAL PLANNING ACT (PPA) – CAP. 286:  
CHANGE OF USE

From Single Dwelling Unit To Hostels **ON** **LR. No. 37/258/15, OPPOSITE NAIROBI  
WEST SHOPPING CENTER-MUHOHO  
AVENUE ROAD, -NAIROBI:**  
The owner(s) of the above mentioned plot,  
measuring about 0.025 hectare, wish to seek  
the above referenced planning permission  
subject to approval by the Nairobi City County.  
Any individual(s), institution(s) or  
organization(s) with material objections are  
requested to do so in writing within fourteen  
(14) days effective from the date hereof  
pursuant to the requirements of the **PPA**  
- Cap. 286; and address them to:  
The County Secretary  
Nairobi City County  
P.O. Box 30075 - 00100, Nairobi.

**TO BOOK & PAY FOR YOUR  
ADVERT USING YOUR MOBILE**

**PHONE**  
Create a new sms  
and send to **20115**

**Advertising  
Code**

**SMS TO 20115**

**EXAMPLE**  
AD#B085#  
TOYOTA  
Corolla 2003  
Kshs 500,000  
call 07xxxxxxx

**GAZETTE NOTICE**  
THE LAND REGI  
STRATION ACT NO.3 OF 2012  
(SECTION 33) AND THE REGISTERED  
LAND ACT (CAP 300) SECTION 35  
(REPEALED)  
**ISSUE OF A NEW LAND CERTIFICATE**  
WHEREAS **WILLIAM CHELULE OGUI** of  
P.O Box 3573-30100, Eldoret in the Republic  
of Kenya, is registered as proprietor in  
absolute/Lease hold ownership interest  
of all that piece of land containing 2.139  
Ha or thereabout, situated in the district  
of Uasin Ngishu, registered as Parcel No.  
Soy/Kapsang Block 8/Nyalilbei/107, and  
whereas sufficient evidence has adduced  
to show that the land title deed/Certificate  
of lease issued thereof has been lost. Notice  
is given that after the expiration of sixty (60)  
days from the date hereof, I shall issue a  
new title deed/Certificate of Lease provided  
that no objection has been received within  
that period.  
Dated the 22<sup>nd</sup> July, 2015  
**M. Kirui**  
Land Registrar, Uasin Ngishu.

MAKIMA  
SECONDARY  
SCHOOL  
P. O. BOX 1451-60100 EMBU

TENDER  
NOTICE

Tenders are invited for full contract  
in the construction of Computer  
and Library Block and drilling of  
borehole inclusive piping water  
to the reservoir in the above  
school located in Mbeere South  
Subcounty, Embu County.

Tenderers to collect tender forms  
upon payment of Ksh. 5,000/=  
from school and details of other  
requirements pertaining the same.  
Complete tender forms to be  
addressed to,  
**The Tender Committee  
Chairman  
Makima Secondary School  
P. O. Box 1451 – 60100,EMBU**

To reach him on or before 14<sup>th</sup> August  
2015 at 11.00Am

PUBLIC NOTICE  
PHYSICAL PLANNING ACT (CAP 286)  
CHANGE OF USER

The owner(s) of plot **UNS.PLOT No. 20**  
situated IN **GILGIL TOWN** wishes to  
**CHANGE** its user from **RESIDENTIAL**  
to **COMMERCIAL CUM RESIDENTIAL**  
subject to approval by county government  
of Nakuru. individuals/institutions with any  
objections for the same are requested to  
forward them in writing within **14 DAYS** of  
this notice to:

**THE COUNTY SECRETARY  
COUNTY GOVERNMENT OF NAKURU  
P.O BOX 2870  
NAKURU.**

COMMERCIAL

**B469** Business Offers

**Company** registration 0774491846

**B476** Business Opportunities

**EUCALYPTUS** trees in Meru,  
mature, in various sizes, over 2000  
pieces. Clear fell preferred. Offers  
invited. Tel: 0705088658

**INVEST** & earn 10% monthly.  
Cash-back in 12months-0774541948

**B525** Financial

**020-2245564** spot loans on Toshiba,  
Macpros & HP Laptops btwn 20K-50K

LOANS  
AVAILABLE

Countrywide, for short term  
period for business start  
ups, buying cars, Matatus,  
lorries, mini-buses, buses,  
tractors, taxis, trailers,  
boda bodas, and LPOs  
quick processing.

Call us on  
**0724-277025,**  
**0716-161279,**  
**0734-477614,**  
**0724-881096,**  
**0721-391927**

**B546** Machinery for Sale

**COMPRESSORS** towable ex uk  
130 CFM choice of 7 Tel: 0722468123

**B827** Web Hosting/Design

**.co.ke** +hosting @900 0736-777787  
**.CO.KE** Domain @1000 0722209414

**B368** Swimming Pools

**WaterwaysAfrica.com**  
Astral pumps filters light  
Nexus Italy pool gratings.  
Ezarrri spain superb mosaic.  
Stuart monsoon shower pumps.  
DFM pool solar panels/Blanket.  
T. 0722/733-511438

WHERE TO STAY

**A571** Hotels

**@SELDOM Hotel**-Murang'a rd: For  
accommodation single 1000/= Meetings  
Conferences & Satellite TV 0722  
820601, 0722511159

**@UPRUMYS** Hotel Parkroad For  
accom. single 700/= Meetings Confe  
rences 0711154488, 0722511159

**KENYA-COMFORT** Offer  
DBL 3500/= Enjoy daily 175 beer & 99  
Tots new Qzone Open. 0737-777777  
Conference package from 1500pp

**RABI-HOTEL,** Ngara, Limuru rd.For  
accom. single 1200/= Conferences,  
meetings. Ample secured parking and  
Satellite TV 0721557367,0722511159

SITUATIONS VACANT

**B250** General

**(20)** Supermkt att clnrs 0725995004  
**0715932010** drivers & turnboys

**200** positions 4 form 4's and above in a  
marketing Co. Earn 7500/= weekly.  
Free Interviews & Training.  
0725-401272, 0703-983533

**10** trailer turnboys rpd 0700668541

**A** fastgrowing co. needs 72 form 4's &  
others, 30yrs & below to train &  
work in :- management, sales &  
marketing, general office duties &  
administration. be ready to travel  
countrywide for road trips & our  
marketing tours good earning while  
training, no experience needed no  
charges for interview call  
0721868343/ 0716292668

**BEAUTICIAN** & Barber needed  
Lavington 0722121220

**DRIVERS** Needed urgently, Nairobi 2  
yrs experience conversant with  
Nairobi. Call: 0722398913

**INDUSTRY** jobs 0706148094

**P.TIME** jobs 48k 0729140349

**B277** Domestic/Casual Jobs

**0722516342,** 0721834778 trained h/g

**H/girls** centre 0721531412, 0720673202

EDUCATIONAL

**B383** Education

**SMS** Reward College To: 0723911910

**B424** Private Tuition

**844** IGCSE all subjects 0727488470

**B382** Schools

**SECONDARY** & primary boarding  
Schools Vacancies call: 0712848485

MOTORS

MOTOR VEHICLES

**B049** Car Hire

**0700210756** fielder-nze @ 1500

**0700855538** clean cars 2k pd

**0700857332** NEW CARS 2K 24HRS

**ACE** car hire 24h2k 0733208698

**CARS** wanted 50-100K 0721988822

**CARS** wanted 50-250k 0722-873377

**B085** For Sale, Private

Affordable@www.jonizwheelz.com

**Mitsubishi** FH various 0722882182

**NIS** Dualis 08 KCD 1.45m 0735 999989

**NISSAN** B15 KAV silver 0722690484

**NISSAN** B15 KBP 0721108611

**NISSAN** H/Body KBA 0733740413

**NISSAN** pickup 1200 2008 KBF 630k  
0716324937

**NIS** XTrail KCD@1.62m 0735-999989

**NZE** kbx 06 silver 580k dep 100k bal  
in 1 year 0733259109

**T/ALLEX** KBZ 325k 0721851156

**T/NZE** BWV 550K 0723477425

**T/NZE** BX 06 clean 600k 0714290402

**T/RAUM** KCA 425k 0716663741

**T/Shark** KBM man 960k 0720602344

**T/Succed** KCC 08 590k 0734531548

**T-AVENIS** KCB @ 1.050 0752615613

**TOWNACE** kbt 2005 450k dep  
50-200k bal in 1 year 0752711991

**TOY** Premio BL 03 480k 0731709902

**TOY** RAV4 05 vvti, 2 wheel 1.5m  
0722968852

**TOY** voxy '06 800k kbw 0772707568

**T-Ractis** KCD @740k 0735-999989

**B103** Lorries for Sale

**MITSUBISHI-FH-215** KAP  
Kshs2.IM owner 0733725581

RESIDENTIAL &  
BUSINESS PROPERTIES

**B726** Accomodation Wanted

**WESTLANDS** Kileleshwa 1bdroom  
0720969829

**B740** Land, Plots for Sale

**5ACRE** prime in Kitengela Acacia  
touching Namanga Road 0722-770672

**A/RIVER** 1/3ac sewer 6M 0722-803510

**GOLF** View Thika 1/4a 2.5M 0721314166

**KAMULU-JOSKA** 1/8 ac plots @  
440,000/= 0727 - 367393 Vineyard.

**KIKUYU** Nachu V/prime 1/8 250K  
0720283938, 0717998910 Pattmos

**KINANGOP** Konoike dam 7.5 acres  
irrigated. River. 0705922788

**KISERIAN** Town 3acre 0722323941

**KITENGELA** town 80x100 q sale  
call 0734686936 or 0704386677

**LUKENYA-VIEW** - 1/8ac plots @  
250K, 12km off Mombasa Rd  
0720-043288 Vineyard.

**MAKUENI** county kako 3 acres  
subdivisions.virgin land good for  
settlement and farming. payable in  
instalments.title deeds ready.  
0731544537 / 0726894426

**MARAIGUSHU** 2.5acres 3m  
0719350626

**MATAARA** Gatundu 3acres 4.5M  
call 0722485572

**MEMBLY** plot 2.8m title 0722885302

**NGONG** Town 1/4ac 0722167061

**OLTUROTO** 1 km from Olturoto  
town 20 acres-prime,ideal for Saccos,  
groups, indivdudes, housing development  
etc call 0725163614

**Royambu** 1/8ac 7m 1/2ac 0722885302

**RUAI** Shopping Centre Comm plots  
22ftx20ft 600k Neg 0729213949

**RUIRU** 40x60, 350k,420k, 600k 700k,  
R/t 0720938283, 0705147102 Pattmos

**RUIRU** bypass 1/8ac 600K 400K  
0721448365

**RUNDA** 1/2ac v/prime 35m 0722467230

**RUIRU** eastern bypass land for sale  
1 1/4 acre call 0723901327

**RUNDA** 1/2acres 27m 0706448882

**RUNDA** 1/4, 1/2 & lacs 0722808455

**Saguna** 1/8 Kikuyu 280k 0720356454

**SHAMBA?** We buy cash or help you  
Sell quickest in Nairobi & its environs.  
Ready buyers 0727-254333

**B782** Properties for Sale

**2** bd apartment Msa Rd @4.2M Ngong  
1/2acre @3.9M 0722679098

**BUILDING** 4.5m Outering road  
0722978666

**ISINYA** 10acre 0713-819287

**Karen** b/s, 1br, 2br, 3br, 4br 0722491671

**KILELESHWA** 3br apt 0723599391

**MWIKI** Flat @16M 0722-103831

**SOUTH-B** 3BR+SQ 0736329100

**SOUTHC** 3br bungalow 0723599391



**Death and Funeral Announcement**

The Franciscan Sisters of St. Joseph Asumbi regrets to announce the death of our beloved Sister Austine Regina Otieno which occurred on 27th July 2015 at Christamarianne Mission Hospital Kisii.

Daughter of late Sabastianne Ogega Opiyo and the late Mrs Justina Ogero Opiyo. Step daughter of Mrs Valeria Oyugi Ogega. Sister of the late Susan Opiyo. Step sister of Joseph Ouma, Teresa Auma, Consolata Anyango. Sister-in-law of Rose Akinyi. Aunt of Wilkista Adoyo, Charles Onyango, the late Jared Ochieng, Edwin, Ouma, Achieng, Adhiambo, Akinyi.

The Cortège leaves Christa Marianne Mission Hospital Kisii Tomorrow 2nd August 2015 for reception Mass at St. Theresas' Mother House Chapel. Funeral will take place at St. Theresas' Catholic Church Asumbi on 3rd August 2015 from 10:00am and thereafter Burial at Asumbi Cemetery.



**Sister Austine  
Regina Otieno**  
Born 3rd March 1933  
Died 27th July 2015

He who believes in God though he may die, shall live. Rest in peace.

**Celebrating a Life Well Lived**

With humility we announce the death of David Muiruri Wainaina (Kenya) of Elburgon Vivian Inn.

Son of Wainaina Njugai and Florence Wambui of Ol Kalou Rurii. Loving Husband of Lucy Mugure (Elburgon). Father of Nelson Ndirangu (Elburgon). Brother of Ruben Njugai (Rurii), Joseph Mukuna (Rurii), Susan Wanja (Malewa Scheme), John Gikeri -Jomba (Mololine), Eunice Njoki (Rurii). Grandfather of Mark Davis Muiruri, Ian Kariuki, Renie Wainaina and Many others.

Friends and Relatives are meeting for prayer and funeral arrangements at his home near Eel Hotel Elburgon and Vivians Inn Elburgon daily from 6:00 PM. The Cortège leaves War Memorial hospital Mortuary Nakuru on Tuesday 4th August at 8:00am and proceed for burial near D.F.O's office Elburgon.



**David Muiruri  
Wainaina (Kenya)**  
Sunrise: 1958  
Sunset: 28th July 2015

**Appreciation**

We, the family of Martin Ngunyi Kaigutha, wish to express our heartfelt gratitude to all who participated in the send-off of our beloved Husband, father, son, brother and friend.

Your sympathy, empathy, presence and the generous support both in time and contributions were much appreciated.

Since it is not possible to thank you individually, kindly accept this message as an expression of our sincere thanks. May the Lord Almighty, who sees all, bless you abundantly.



**Martin Ngunyi  
Kaigutha**

**It has been said, "time heals all wounds." The wounds remain. In time, the mind, protecting its sanity, covers them with scar tissue and the pain lessens. But it is never gone."**

**Death and Funeral Announcement**

**Caroline Wangui Njoroge**

It is with deep sorrow and humble acceptance of God's will that we regret to announce the untimely death of Caroline Wangui Njoroge of Co-operative Insurance Company (CIC) who was a unit manager, Nakuru Branch on Monday 27th July 2015.

Daughter of Stephen Njoroge Githongo and Mary Wanjiku Njoroge. Adorable mum of Kevin Njoroge, Michelle Wanjiku and Jayden Ng'anga. Sister of Michael Githongo, Pauline Wamugo, Samuel Ngugi, Emily Njeri and John Paul Ng'anga. Auntie of Zachi, Ciku and Njoroge. Cousin and friend of many.

Family and friends are meeting daily from 5PM at Old Kokeb Restaurant in Nakuru, Sagret Hotel in Nairobi and their home in Mang'u, Rongai. A fundraiser will be held on Tuesday 4th August 2015 at Old Kokeb Restaurant from 5:00PM. The cortège leaves Mediheal Hospital Mortuary on Wednesday 5th August 2015 at 9:00AM for funeral service and burial at her father's home in Mang'u, Nakuru County.

"In God's hands you rest, in our hearts you remain forever. Rest in Peace, Carol".

**Death and Funeral Announcement**

We humbly accept the passing on of our dear mum Aurelia Namaemba on 24th July 2015.

Daughter of Kwanusu Kineche & Susan Kwanusu. Mother of Prexidis Nasimiyu Kituyi Bond of Rockville, Maryland (USA), Pauline Nafula (E.A.C.), Joseph Simiyu (U.S.A) and Pamela Naliaka.

The body left Lumboka Medical Mortuary on Thursday 30th July for her home Marell. Burial will be on 1st of August 2015 at Malaha village Webuye.

May her soul rest in eternal peace.



**Aurelia  
Namaemba**

**Death and Funeral Announcement**

We celebrate the life of Sr. Eunice Marigu Nyaga who passed on, on 25th July 2015 after a long battle with cancer.

Loving wife of Mr. Michael Newton Nyaga Ngarukoh. Loving mother of Lydia Wambogo, David Muriithi, Jemimah Mukami, Jackline Wandiri and Timothy Gitonga. Sister of Professor Jesse N. Mugambi, Gladys Gicuku, the late Titus Njeru, the late Kellen Wambugi, David Muriuki, Catherine Njoki Njeru, Violet Mercy Wanduara, Mary Wandiri and Lucy Njeri Mugambi. Sister-in-law of Elizabeth Ndwiaga, Stephen Kibira, Joseph Njeru Ruthari, Johny Wanduara, Paul Kimanthi and Nyambura David. A grandmother of many children.

Friends and relatives are meeting at her home Manyatta Village, Embu County. The cortège will leave Gakwegori Funeral Home on Monday 3rd August 2015 at 9:30am for funeral service at All Saints, ACK Manyatta church and thereafter burial at her home Manyatta Village.

Thank you God for 74 years of motherly love.



**Sr. Eunice Marigu  
Nyaga**

**Death and Funeral Announcement**

It is with great sadness, we announce the passing on of Laila Haiderali Bhanji, on 29 July 2015. She was a woman who will always be remembered for her grace, commanding presence, love of life compassion, generosity and a true inspiration to her friends and family.

Wife of the late Haiderali Bhanji. Loving mother of the late Mehmood, Zulfikar and Azeel. Grandmother of Nazra, Fahim, Salima, Karim, Stine, Intiaz, Farah Alyza, Raj, Alym, Salima, Aly, Hus, Aysha, Husein, Khalil, Kassim, Yaseen, Hakeem and Nazaaha. She was Great Grandmother of Noah, Albert, Inaam, and Ilyaan.

Relatives, friends and well-wishers will gather for the last rites and rituals at Aga Khan Pavilion and Complex on Sunday 2 August 2015 at 9:00am and the cortège leaves for the cemetery at 10:00 am.

**'This is not a goodbye, this is a thank you. Thank you for coming into our lives and giving us joy, thank you for loving us and receiving our love in return. Thank you for the memories that we will cherish forever'**



**Laila Haiderali  
Bhanji**

**Celebrating a Life Well Lived**

The Little Daughters of St. Joseph, with deep sorrow and humble acceptance of God's will, announce the passing on of Sr. Hannah Wambui which occurred on Monday, 29/7/2015 in Italy after a brave fight with leukemia.

Daughter of Barnabas Mbatia and Teresiah Nyambura of Passenga, Ol Kalou, Nyandarua County. Sister of the late John Kariuki, Zacharia Kimani, Right Reverend Bishop Joseph Mbatia of Catholic Diocese of Nyahururu, the late Mary Njeri, Peter Maina and Francis Githii and many step brothers and sisters. Aunt of many.

There will be a requiem Mass on Saturday, 1st August 2015 at North Kinangop Catholic Hospital Chapel at 3:00pm. Funeral Mass and burial on Monday 3rd August 2015 at Little Daughters of St. Joseph's Convent, North Kinangop, at 10:00am.

**Sr. Hannah, you have fought a good fight and kept the faith.**

**May you rest in eternal peace.**

11/12/1989 - First Religious Profession, 29/11/1997 Perpetual Profession



**Sr. Hannah  
Wambui**

**2nd Anniversary**

It is 2 years since you departed from our midst. Although gone your lovely memories will always live with us forever.

We sincerely thank our God Almighty for watching over us as he has never left us nor forsaken us. We thank the Lord for the years we shared together. Your wisdom, humility, kindness, generosity, hardwork and amazing love continue to inspire us all. You instilled great virtues in us and left a legacy to be cherished forever.

Fondly and greatly missed and remembered by your parents (Wambugu & Dorothy) Brothers (Dan & Kevin) Sister in law Ann, CK and Ciku, Relatives and friends. Rest in eternal peace till we meet again. Amen

**John 14: 1-3 "Do not be worried and upset", Jesus told them. "Believe in God and believe also in me. There are many rooms in my Father's house and I am going to prepare a place for you. I would not tell you this if it were not so. And after I go and prepare a place for you, I will come back and take you to myself, so that you will be where I am.**



**Benson Kiburu  
Kamau**

**Death and Funeral Announcement**

With thanksgiving and gratitude to God in our hearts for his long life, the family announces the promotion to glory of their patriarch Mzee Johana M'mwambia (Babu) of Amwathi location Maua, Meru county.

Father of Kalai and M. Maluki, Hezekiah and Kananu, the late Benjamin and Stella, Charles and Kanja, the late Kamencu, Susan, Isaiah and Elizabeth, the late Bessie, Kenneth and Catherine, Ronald and Fridah. Grandfather, Great-grandfather and Uncle of many.

Prayers are taking place at St. Andrews church Nairobi at 5:30pm on Thursday 30th and Friday 31st July and every evening at Midland hotel (Semeji) Maua, Meru. The funeral service will be held at St Joseph's Methodist church Maua, thereafter burial will take place at his home in Kaandu Village, on Monday 3rd August 2015.

May God rest his soul in eternal peace Amen.



**Mzee Johana  
M'mwambia  
Nduria**

**Celebrating a Life Well Lived**

It is with humble acceptance of God's will that we announce the death of Mzee Gabriel Kogi Mugwanja of Wamwangi village, Gatundu District which occurred on 25th July 2015 after a short illness.

Son of the late Zachariah Mugwanja and Joyce Wangari. Husband of Lucy Muthoni. Father of Charles Mugwanja, Esther Wangari (USA), Julius Gitau (Saudi Arabia), Michael Ndung'u, John Njoroge, Rachael Ruguru Joseph Gathirwa and Mary Wanjiku. Brother of Architect Michael Mugwanja, Mary Wanjiku, George Njoroge (NHIF), Fredrick Gitau, David Mucuu and Steven Kimani. Step-brother of Miriam Wanjiku Kariithi, Mary Nyangere, Annah Wariara and John Gacege. Father-in-law of Mary Wairimu. Grandfather of Eva Muthoni, Jedidah Waithira, Gabriel Kogi, Stanley Wanyoike, John Muiruri, Annah Wanjiku, and Lucy Muthoni.

Family and friends are meeting at his Wamwangi home (Gatundu District) and at Elite Hotel (Kenya Road) daily from 4pm for prayers and funeral arrangements. The cortège leaves Kenyatta University funeral home at 8:30am on Friday 7th August 2015 for a funeral service at Kamunyu Catholic Church, Wamwangi Sub-location, Gatundu District and thereafter burial at his farm near the church.

We loved you but God loved you more. Rest in eternal peace.



**Mzee Gabriel Kogi  
Mugwanja**

**Death and Funeral Announcement**

It is with humble acceptance of Allah's will that we announce the passing on of Aziz Ahamedali Mohamed (formerly Advocate)

Beloved husband of Zula/Zuli. Loving father of Fahareen and Sikin. Beloved brother of Juli and Shamim. Father in-law of Mahmood and Rob. Brother in-law of Jimmy Sachedina and Zul Karmali. Grandfather of Siyani Tariq and Maleh. Uncle of Karim, Leila, Zahra and Ammaarah.

The funeral will take place on Sunday 2nd August 2015 at 9:30am at the Aga Khan Pavilion, 5th Parklands Avenue. The cortège will leave at 10:00am



**Aziz Ahamedali  
Mohamed**

**Death and Funeral Announcement**

It's with humble acceptance of God's will that we announce the untimely demise of Wilson M. Musili of Masinga Tyres Thika/Zambia which occurred on 24th July 2015. Son of the Late Julius Musili Musinda and the Late Lither Mukethe Musili. Step Son of Ruth & Kainde. Loving Husband of Ester Willy & Sophia Willy. Loving father of the late Teresia, Mary, Edward, Chris, Charles, Christine & Abdi. Brother of Ben, Joyce, Late Paul, late Joseph, Aron, Damaris, Step Brother of Mulei, Musyoka among others. Cousin of Phillip Mboli, Peter Mula, Jacob Nthini among others. Uncle of Moses, Nicholas, Janet among others. Grandfather of Stacy, Fiona, Willy, Happiness, Stacy, Kelvin, Yasmin, Naima, Jamila, Jibril, Abdinasir. Friends and family are meeting daily at his home in Masinga Tulumyumbu Village and at Thika Dreams Motel along Garissa Road opposite Cereals Board at 7pm Daily. A fundraising will be held at Thika Dreams Motel on 4th August 2015 at 4pm. The Cortège leaves Kenyatta University Mortuary on Friday 7th August 2015 at 8:00 am for funeral mass and burial at his home in Tulumyumbu Village Kikumini Sub Location, Masinga District, Machakos County.

"In God's hands you Rest, in Our Hearts you live Forever. Amen"



**Wilson M. Musili  
(Masinga)**

**20th Anniversary / Memorial Service**

It has been twenty years since you left us for a greater glory and your candle still burns bright in our hearts.

You are dearly missed by your wife, daughters, extended family and friends.

Laying of the wreath will take place at the graveside on Saturday 1st August 2015.



**Daniel Bosco  
Mwendah**



SATURDAY NATION  
**Sport**



**OLYMPIC CHAMP FRASER-PRYCE FIRES WARNING**  
Shelly-Ann Fraser-Pryce swept to victory in the Stockholm Diamond League 100m on Thursday night with a 10.93sec triumph which sent out a powerful message to her world championship rivals. The Jamaican sprinter, who is the reigning Olympic and world champion, edged out Tori Bowie of the United States (11.05sec) and compatriot Natasha Morrison (11.22sec).

**NATIONAL TRIALS** | Sawe soars highest to set new national high jump record

# Yes, dazzling Vivian is back!

Ex-world champ scorches women's 10,000m field to secure Beijing ticket

BY DAVID MACHARIA  
sportdesk@ke.nationmedia.com

Former double world champion Vivian Cheruiyot made a comeback to big time competition with a bang yesterday winning the women 10,000m during the national trials at Kasarani stadium.

The trials also saw a new Kenya high jump record set. Mathew Sawe cleared 2.25m to erase old mark of 2.24m was held by the late Jacob Katonon since July 1992.

Cheruiyot won in 32:58.4, America-based nursing student Betsy Saina was second in 32:59.2 and Joyce Chepkurui was third in 33:00.1.

Behind the top three were Gladys Chesir 33:00.9, Agnes Tirop 33:14.9 and Rebecca Chesir 33:16.2. All the finishers were within the All Africa Games qualifying mark of 35:20.0. A team to the continental championships is also being selected during the trials that end today.

"It was really a tough race. I am very happy to have made the team because my colleagues were very strong", Cheruiyot who won gold in both 5,000m and 10,000m in Daegu World Championships in 2011 said. She is coming back from a two-year maternity break.

Kenyan male walkers will make a return to the World Championships

**32:58.4**

Vivian Cheruiyot's winning time in the women's 10,000m at the National Trials yesterday



CHRIS OMOLLO | NATION  
Vivian Cheruiyot celebrates after winning the women's 10,000m yesterday at the Kenya trials for the World Athletics Championships at Safaricom Kasarani Stadium.

after national champion Samuel Gathimba led two of his rivals in hitting the qualifying mark.

Gathimba clocked 1 hour 23:12 minutes to triumph and surpass the World Championships standard time of 1:25:00. Also hitting the mark was Simon Wachira, who came in second in 1:23.45 and third-placed 2006 Africa champion, David Kimutai in 1:24.41. Kimutai competed at the 2009 Berlin and 2011 Daegu Worlds.

Kenya failed to qualify walkers for the 2013 World Championships in Moscow.

"It feels great and exciting to represent Kenya at the Worlds for the first time," said Gathimba, a Kenya Prisons officer, who finished second at the Africa Championship last year in Morocco.

Athletics Kenya head coach Julius Kirwa was elated with the walkers' performance. "It feels good to have more walkers at the Worlds," said Kirwa.

Additional reporting by Ayumba Ayodi

**TRIALS PROGRAMME**

**Today**

9.3am Officials Assemble
10am 400m H Men Final
10.10am 10,000m Men Final
10.45am 200m Women Final
10.55am 200m Men Final
11.50am Invited Guests Seated
12.15pm Arrival of Guest of Honour
12.20pm 5,000m Women Final
12.40pm 5,000m Men Final
1.05pm 1,500m Women Final
1.15pm 1,500m Men Final
1.15pm Javelin Men Final
1.25pm 400m Women Final
1.35pm 400m Men Final
1.45 3,000m S/C Women Final
2pm 3,000m S/C Men Final
2.15pm 800m Women Final
2.25pm 800m Men Final
2.45pm Naming of Team Kenya

## London champ Kipchoge to grace Lake Kanyaboli marathon

BY GAITANO PESSA  
gpessa@ke.nationmedia.com

Commonwealth Games gold medallist Mercy Cherono and Eliud Kipchoge, the London Marathon champion, have confirmed participation in the inaugural Lake Kanyaboli Half Marathon set for August 8 in Siaya.

The one-day event, which is an initiative of Athletics Kenya (AK), Seeds of Peace Africa Foundation and the Siaya County government, aims at raising awareness on conservation of the Yala Swamp ecosystem to help save the lives

of the Sitatunga antelope commonly found around the lake.

Norah Kiplagat, Dennis Kimetto and Patrick Musau are some of other notable names expected to run in this event.

AK Public Relation Officer Jared Opol said, besides the half marathon, organizers had also put in place short races that would be competed by the locals.

"The aim of the shorter races is to enable the county AK team to identify potential runners in the sprints and middle distance as our region has been known in producing short, middle and field events giants. The event

will include a 21km race for senior men and women, 6km circuit race for the juniors below 17 years and a kilometre race kids.

"We also have races for the veterans above 45 years. Boat

**66**  
The aim of the shorter races is to enable the county AK team to identify potential runners in the sprints and middle distance"

Jared Opol, AK official

racing, swimming, traditional songs and dances and other sporting activities have also been considered," he added.

The course of the race is designed around the lake to give participants full view of the lake and its unique features.

"It is also going to be a tourist attraction site for tourists visiting the county because of its richness in tourist sites found around the place, like Kalajuok rocks and the unique feature of Lake Kanyaboli," said Gilo

"We have set aside Sh1.3 million as prize money for both men and women," Gilo added.

## Kenya's heavyweights push for Beijing berths

BY AYUMBA AYODI  
sayodi@ke.nationmedia.com

The world's focus will be on Kenya today when the country selects its team for the World Championships due August 22 to 30 in Beijing, China.

Men's 10,000m battle will be intriguing with World bronze medallist, Paul Tanui, World Cross Country champion, Geoffrey Kamworor and World Cross country silver medallist, Bedan Karoki, in contention.

Kamworor has been phenomenal this year, winning the World Cross title this year before claiming the national 10,000m title.

That followed his exploits at the World Half Marathon last year in Denmark and the 2011 World Cross junior.

Kamworor and Tanui could have lost to double World champion Mo Farah at the Prefontaine Classic on May 29 but they still believe Kenya can reclaim the title they last won in Edmonton 2001 through Charles Kamathi. Farah won at Prefontaine in 26:50.97 followed by Tanui 26:51.86 and Kamworor 26:52.65.

Tanui has also warmed up well for the race. After finishing second in Eugene, he would secure another second place in 5,000m in Rome on June 4.

Karoki, who made his return from injury, is just another exciting athlete to watch.

He would like to secure a place in the team and atone for his sixth place finish at the 2013 Worlds, having also emerged as the best Kenyan finisher at the 2012 London Olympics in fifth position.

"My only mission tomorrow is to win and nothing short," said Kamworor,

who didn't mince his words about his expectations at the World. "I believe we will stop Farah."

Also to watch out for in the race are the 2013 World Cross junior silver medallist, Leonard Barsaton, the 2012 Africa 10,000m champion Kenneth Kipkemai, who finished seventh at the 2013 Worlds and William Sitonik.

The man to watch in the 1,500m is definitely the world 1,500m champion Asbel Kiprop, who is fresh from becoming the third fastest man in history over the metric mile race after winning in Monaco in 3:26.69, just missing Hicham el Guerouj's world record by 0.69 seconds.

Kiprop won the world titles in Daegu 2011 and Moscow 2013. Challenging Kiprop will be the 2011 World silver medallist, Silas Kiplagat, who won in Shanghai and Paris where he returned an impressive 3:30.12.

**Second fastest**

Also in the race are world junior record holder Ronald Kwemai, national champion Elijah Manangoi, who is the second fastest in the field this year in 3:29.67 and Commonwealth 1,500m champion James Magut.

Commonwealth 1,500m champion Faith Chepng'etich is favourite in the women's 1,500m race where an interesting battle is in the offing. Chepng'etich has the best time this season in the race of 4:00.94 from a second place finish in Oslo.

World 5,000m bronze medallist Mercy Cherono has lined up for the race before doubling in 5,000m. Cherono recorded personal best of 4:01.26 when she finished second at Prefontaine.

**FOOTBALL TREAT**

### StarTimes to air German Super Cup live

StarTimes media is set to air the German Super Cup final pitting Bundesliga champions Bayern Munich against German Football Association DFB (Deutscher Fußball Bund) winners FC Wolfsburg live today from 9:30pm. The match will be exclusively aired on StarTimes Sports Premium channel.

The Super Cup final acts as a curtain raiser for the German Football League - The Bundesliga which is expected to kick off on August 14 when Bayern Munich will face Hamburger SV on StarTimes World Football channel from 9:30pm.

StarTimes Vice President Mark Lisboa noted that the Super Cup final was just the beginning of adrenaline-packed weekends that will bring back the excitement synonymous with 'football made in Germany' craze back in the 1980s and 90s. StarTimes will offer Kenyans exclusive live Bundesliga matches on their dedicated sports channels amongst other sports.



Championship organisers, sponsors united against age-cheating



MARTIN MUKANGU | NATION  
Kisumu Day's Abisalom Onyango (left) challenges Salim Tumbo of St Anthony's on Thursday.

**BY BRIAN YONGA**  
byonga@ke.nationmedia.com

Sponsors of this year's secondary schools Term Two 'B' national games, Airtel, have supported the move by Kenya Secondary School Sports Association (KSSSA) to ensure fair play at the championships.

On Thursday, St Anthony's Boys from Nzoia and St John's Kaloleni Girls from Coast region were disqualified from the competition after they were found guilty of fielding ineligible players by KSSSA jury.

Both schools had qualified for yesterday's semi-finals but KSSSA ruled that the two schools be replaced.

Kathungi replaced St Anthony's in boys' football, while Wiyeta Girls took up the slot left by St John's.

Kakamega High School had provided organisers with evidence that St Anthony had fielded a player who was not part of the school's squad when the football competition began at the zonal level, but went on to honour last Monday's replay of Nzoia regional championship final.

St Anthony's won the match 1-0 and qualified to represent Nzoia region at the national games.

On the other side hand, Nzoia champions Wiyeta lodged a complaint against St John's for fielding Mega Lydia in the Under-19 tournament. Mega played in her team's 3-1 win over Wiyeta on Tuesday and Wiyeta lodged a complaint on Tuesday evening after discovering Mega was overage. KSSSA deputy secretary-general Robert Mukhwana who was one of the jurists said the two schools had violated the association's rules and were therefore banned from the competition "for bringing the game into disrepute."

Airtel's Corporate Affairs Director Dick Omondi said the national games should not be a platform for deceit and selfishness.

"Airtel Rising Stars is about giving young boys and girls of between the age of 12 and 19 a platform to nurture their talent. We support KSSSA's move to disqualify teams that field ineligible players."

SCHOOLS NATIONALS | Malava Boys, Kwanthanze Girls out to retain volleyball titles

Stage set for new champs in football

Laiser Hill, Passenga clash in boys' final as Kobala tackle Wiyeta in girls' decider today

**BY BRIAN YONGA**  
byonga@ke.nationmedia.com

New champions will be crowned in boys' and girls' football as the Airtel Rising Stars secondary schools Term Two 'B' national games come to a close today at the Machakos School.

In boys' final, Metropolitan Region's Laiser Hill will take on Passenga High from Aberdare Region while the girls' final will see Lake Region's Kobala Girls tackle Wiyeta Girls from Nzoia Region.

Passenga tossed out favourites Kisumu Day from Lake Region 4-3 on post-match penalties after the teams tied 1-1 after regular time to qualify for their first national final.

TODAY'S FIXTURES
<b>Girls' football:</b> Kobala v Wiyeta
Play-offs: Olympic v Nginda
<b>Boys' football:</b> Final: Laiser Hill v Passenga.
Play-offs: Kisumu Day v Kathungi
<b>Boys' volleyball:</b> Malava v Hospital Hill
Play-offs: Mivumoni v Cheptil
<b>Girls' volleyball:</b> Kwanthanze v AIC Kosirai.
Play-off: Lugulu v Tetu

James Kinyanjui was the hero of the day after scoring the winning penalty for Passenga. "We have waited for this moment for so many years but now we are one win away from lifting our maiden national title. We believe we can do it and the players are looking forward to it," said Passenga captain Patrick Oganji.

Laiser Hill on the other hand edged out Kathungi 2-0 to reach their maiden final. Second half goals from Edwin Ochieng and Kennedy were enough to send Laiser to the final. Kathungi benefited from St Anthony's disqualification to reach the semis.

Today's final will be a repeat of their preliminary match which Laiser Hill won 2-1 but their team manager Shaban Baraza believes it will be a whole new ball game.

"This is the final and two great teams will be battling for the title, our result in the earlier stages will count for nothing but it will certainly help us gauge the kind of opponents we are up against," Baraza said. Both teams have qualified



MARTIN MUKANGU | NATION  
Laiser Hill's Richard Odana (left) challenges John Anvire of Pasenga during their preliminary match of the secondary schools Term Two 'B' national games at Machakos School on Friday.

for the East African games set for Rwanda next month.

In girls' semis, Kobala upset 2013 champions Olympic Mixed 1-0 to qualify for their first national final.

"We have worked hard to reach this final and we want to complete this event by taking the title back to Kisumu," said Kobala captain Caren Akeyo. Wiyeta on the other hand beat Aberdare Region's Nginda 3-1 in the semis to qualify for their first final since 2009 where they lost to St Teresa in Nairobi.

"We have achieved our first target of making it to the East African games and we want to complete the double by reclaiming the national title which has eluded us for so long," said Wiyeta coach Edgar Manyara. In volleyball, holders Malava Boys and Kwanthanze Girls will be seeking to retain their titles when they take on Hospital Hill (Metropolitan) and AIC Kosirai (Mau Region) respectively.

Malava, who beat Cheptil 3-0 (25-13,25-22,25-18) in their semi-final, will renew their rivalry with Hospital Hill who beat Coast Region's Mivumoni 3-2 (22-25,25-23,24-26,25-12,15-7) in the semis.

Meanwhile, sponsors of the championships, Airtel, have supported the move by Kenya Secondary School Sports Association (KSSSA) to ensure fair play at the championships.

On Thursday, St Anthony's Boys from Nzoia and St John's Kaloleni Girls from Coast region were disqualified from the competition after they were found guilty of fielding ineligible players by KSSSA jury.

Both schools had qualified for yesterday's semi-finals but KSSSA ruled that the two schools be replaced. Kathungi replaced St Anthony's in boys' football, while Wiyeta Girls took up the slot left by St John's.

Airtel's Corporate Affairs Director Dick Omondi said the national games should not be a platform for deceit and selfishness.

"Airtel Rising Stars is about giving young boys and girls of between the age of 12 and 19 a platform to nurture their talent. We support KSSSA's move to disqualify teams that field ineligible players," he said yesterday.

Kenya's volleyball teams to train in Japan for 10 days

**BY DAVID KWALIMWA**  
dkwalimwa@ke.nationmedia.com

The national women's volleyball team will attend a 10-day training camp in Japan in preparation for the FIVB World Cup that will be hosted in Tokyo next month.

Speaking exclusively to *Saturday Nation Sport* yesterday, Kenya Volleyball Federation vice chairman Martin Makokha said the team's training camp will be based at Hitachinaka City, some 150km from Tokyo. Hitachinaka City is also the home ground of Japan's top-flight women's volleyball team Hitachi Rivale.

"The federation has received an invitation from our friends in Japan, led by coach Sadatoshi Sugawara who has previously coached our national team. We have accepted the proposal because this will help our ladies acclimatise in readiness for the event," Makokha said.

Sugawara heads a list of several coaches and volunteers who have helped develop volleyball in Kenya over the past three and a half decades, as part of the sports partnership between Kenya and Japan. Others are Hiroshi Hiyama and Kozue Oba. The latter played for and also coached Kenya Commercial Bank women's team to Africa Club Championships glory in 2003.

2003

**Year Japanese coach Kozue Oba led KCB women's volleyball team to win the Africa Club Championships**

As a result of this partnership, current men and women's national team captains, Phillip Maiyo and Brackides Agala respectively, alongside senior players Denis Onsom, James Ontere and Micheal Chemos, have been offered opportunities to play for professional clubs in Japan.

Kenya, under the tutelage of veteran coach David Lung'aho, will be competing at the World Cup for the fourth consecutive time. The African queens are yet to win a match at this competition thus far, a scenario Oba believes is about to change.

"The ladies have finally come good, you only need to see how they performed at the Grand Prix last month to ascertain this. I am backing them to win a couple of games there," said Oba.

The National Oil Corporation-sponsored team has 10 matches lined up against the world's leading teams, including Cuba, USA, hosts Japan and Russia at the World Cup. The competition will be hosted in six cities in the Asian country from August 22 to September 6.

**Squad:** Janet Wanjia (vice captain), Mercy Moim, Noel Murambi, Monica Biana, Everlyne Makuto, Lydia Maiyo, Esther Wangeci, Ruth Jepngetchi, Esther Wangeci, Brackides Agala, Jane Wacu.

**Coach:** David Lung'aho

**FIVB World Cup fixtures:** Cuba v Kenya (August 22).

Russia v Kenya (August 24), Japan v Kenya (August 26), Kenya v Argentina (August 27), Kenya v USA (August, 30), Kenya v China (August 31), Kenya v Algeria (September 1), Kenya v South Korea (September 4), Kenya v Serbia (September 5), Kenya v Peru (September 6).

**FIVB World Cup venues:** Yoyogi National gymnasium (Tokyo) - 13,291 seater. Sendai Gymnasium (Sendai) - 7,000 Nippon Gaishi Hall (Nagoya) - 10,000 Mtasumoto City Gymnasium (Matsumoto) - 6,000 Momotaro area (Okayama) - 11,000 Park Arena Komaki (Komaki) - 5,000.



SEAN  
CARDOVILLIS



Sean Cardovillis, Sports Editor and presenter at  
Nation FM can be reached on  
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# 'Simba wa Nyika' Froome party to rumble in Kikuyu

Kinja and company organise a celebration in area the two-time Tour de France winner grew and honed his skills

In many ways, two-time Tour De France winner Chris Froome should be thankful that the former Kenya Cycling Federation (now Cycling Kenya) led by Julius Mwangi was so incompetent and arrogant towards him.

Frustrations by Mwangi and the Federation led Froome to switching to a British racing licence and eventually joining Team Sky after riding for the South African teams Konica-Minolta and Barloworld.

Froome started cycling properly at the age of 13 when his late mother Jane took him to his first organised bike race, a charity race which he won despite being knocked off by his own mother! It was there that he met national team cyclist David Kinjah, who became his mentor and training partner.

He did cycle for Kenya at the Commonwealth Games in Melbourne in 2006, finishing 17th in the time-trial and catching the eye of his future boss Dave Brailsford.

At the World Championships in Austria in the same year, Froome crashed into an official on the first corner in the Under-23 time, causing both to fall down, although there were no injuries.

I cycled with Froome a few times early this century, most notably at the annual Magadi cycle races, although to be honest I don't really remember him as he was just starting to rise up the cycling ranks.

Froome is still angry at his treatment by the federation and is working closely with Kinjah to create a cycling foundation so that

he can leave some sort of legacy here in Kenya. In the meantime the routes Froome rode around the Kikuyu area have become a sort of tourist attraction, and the tourism stakeholders should take advantage of this and work with Froome and his Sky team to help market Kenya.

With the likes of Froome, US President Barack Obama and Oscar winner Lupita Nyong'o having their roots in Kenya, tourism stakeholders like Brand Kenya must wake up and think outside of the box.

Tomorrow there will be a celebration of Froome's second Tour De France victory at the place where he started his career, Kikuyu. Kinjah and his cycling colleagues will host a Yellow Jersey Mbuzi Party night for "Simba wa Nyika" (Savannah Lion) near the same trails that Froome honed his famous cycling skills and all are welcome to the KARI Grounds, Muguga Forest.

Today is the KARI Mountain Bike Challenge, which will cover 80 kilometres around the Muguga Forest and surrounding rural roads.

Make sure you support our cyclists and head to Kikuyu this weekend as we celebrate our "son" Froome's amazing exploits at the Tour de France.

\*\*\*

In a change from tradition, Kenya Harlequins host the first round of the national sevens circuit this weekend. With no major sponsor, the clubs will be under greater financial pressure to participate in



PHOTO | AFP

Kenyan-born Briton Chris Froome at the recent Tour de France that he won to add to his 2013 title.

all the tournaments, and players will have to prove themselves in the first three events if they want to be considered for the national sevens team selection.

The Christie Sevens is the oldest tournament on the calendar. The first edition was held on March 1, 1964 thanks to founder A.M. Christie.

From an initial meeting at the Kenya Harlequin Football Club, it took two years for the event to come to fruition with 10 teams attending the first tournament.

Impala Club, the Royal Air Force and Kenya Harlequin provided two teams each; Nakuru RFC, the Scots Guards and Strathmore College sent one team each; while a combined Kenya Police

and Eldoret RFC completed the list, providing the first winner of the Christie Sevens, beating Royal Air Force 'A' 8-3 in the final.

The Christie was one of four sevens tournaments in 1964, the others being Nakuru Sevens (The Salt Cup), Nile Sevens (Krell Cup) and the RAF Sevens.

A.M. Christie went on to become the chairman of Kenya Harlequin and the president of the Rugby Football Union of East Africa in 1973.

In 50 years of existence, the Christie Sevens has coped with the developments of Kenya rugby, evolving and surviving in those same boardrooms where it was created.

The modern day Kenya Har-

lequins went through a rough 2014-15 season, and will be looking to rebuild both financially and on the pitch in the face of new competition from teams outside Nairobi.

\*\*\*

Following their horrific build-up that resulted in a miracle one-nil loss to Banyana Banyana in Johannesburg, Harambee Starlets will be looking to turn that result around and advance to the final round of qualifiers for next year's Rio Olympics.

Unlike the build-up to their away match, there have been no distractions for the national team's preparations at the Nyayo National Stadium. Let's hope coach David Ouma can inspire his ladies to a historic win in Machakos tomorrow and move one step closer to Rio 2016.

\*\*\*

The next two weeks could make or break Jassi Chatthe's participation in the Africa Rally Championship (ARC) in Rwanda over this weekend, followed by the RSC-organised KCB Kenya National Championship (KNRC) in Machakos a week later.

Chatthe is building up the miles, an important aspect of a rally driver gaining experience, and also utilising the huge resources of his family-owned Kibos sugar company. He leads the ARC despite having a huge "off" in the Tanzania Rally in June and will be looking to continue that momentum in the Mountain Gorilla Rally. The following weekend sees him defend his national championship lead in Machakos.

The driver has left nothing to chance, taking his best mechanics with him to Rwanda this weekend.

Another driver making waves is Tejas Hirani, who'll be competing in the autocross event in Mombasa this weekend after taking part in tests in Europe that also included a few rides in a Formula Three car.

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## Bumper 23-match basketball league weekend on at five venues

BY CAXTON APOLLO  
sportsdesk@ke.nationmedia.com

Kenya Basketball Federation Premier and men's Division One leagues second leg action resumes with 23 matches on the cards at five different venues this weekend.

After losing their second match 59-47 to USIU-A Tigers at their Mombasa back yard last weekend, men's Premier League defending champions KPA will be looking to bounce back in a tour of Nairobi to play two Eastern Conference second leg matches at Nyayo National Stadium.

Today, the dock men, who lie third on the table standings with 17 points from seven wins and three losses, will open the four-point harvest campaign against Kenyatta University Pirates. Tomorrow at the same venue, KPA will face an acid test against former seven-time champions Co-op Bank.

Co-op Bank, are placed second on the Eastern Conference table standings with 19 points and will be out to deny KPA the two points in order to climb the ladder to the top position. Thunder, who will be resting this weekend, conquered giants Ulinzi Warriors 85-75 to head their Conference with 19 points. Thunder have



CHRIS OMOLLO | NATION

USIU-A's Mika Odinya in action against KCB Lions's Philip Dot during their Premier League match at Nyayo Stadium on June 28. League actions continues this weekend.

won eight matches and lost three. As a move to accommodate the matches which were called off last weekend due to the historical US President Barrack Obama's visit to Kenya,

Upper Hill School outdoor double courts will be used to host 14 matches today.

Unbeaten KPA women's team, who shattered champions USIU-A Flames unbeaten run with

a 56-40 victory in Mombasa last weekend will also be in Nairobi to strongly defend their good record in the Eastern Conference.

Tomorrow, KPA will be hosted by Mennonites at 12 pm before they wind up their tour against tough coach Ben Oluoch's Storms tomorrow.

The dock women's celebrated victory at home against Flames saw them maintain the top position in the seven-team Eastern Conference with 18 points. KPA have won all their nine matches.

Ulinzi Warriors have a high hurdle to clear when they take on firing USIU-A Tigers tomorrow in a match expected to be full of fireworks.

Ulinzi were beaten 85-75 by Thunder in their last assignment and coach William Balozi is expected to come with all the ammunition.

### WEEKEND FIXTURES

#### Today

(At Upper Hill School: Emyba v Lakeside (9am), Don Bosco v MKU Thika (10.30am), Parklands Baptist v KCA-U (10am), Baraka Xtreme v 4-Christ (12pm), Umoja v Terrorists (2pm), Pirates v KPA (4pm); (In Kisumu): Lady Bucks v Oryx (10.30am); (In Eldoret): Eldonets v Barclays Bank (10am).

#### Tomorrow

(At Nyayo): World Hope v Lakeside (9am), ANU v Blazers (10.30am), Storms v KPA (2pm), Ulinzi Warriors v Tigers (4pm).



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E.G. IPW13X10A2212X1

YOU WIN WHEN ALL 13 PREDICTIONS ARE CORRECT. JACKPOT  
IS EQUALLY SHARED AMONGST ALL WINNERS

PREDICTIONS

DATE	TIME	GAME	1	X	2
1. 01.08.15	17:00	KILMARNOCK vs DUNDEE	2.40	2.99	2.5
2. 01.08.15	17:00	HAMILTON vs PARTICK THISLE	2.42	3.01	2.47
3. 01.08.15	18:00	ZLIN vs JIHLAVA	2.34	2.98	2.59
4. 01.08.15	22:00	INTER ZAPRESIC vs RNK SPLIT	2.45	2.99	2.45
5. 02.08.15	0:30	FLUMINENSE vs GREMIO	2.06	2.83	2.93
6. 02.08.15	13:30	LOKOMOTIV MOSCOW vs DINAMO MOSCOW	2.45	2.94	2.50
7. 02.08.15	14:30	AARHUS vs RANDERS	2.40	3.08	2.45
8. 02.08.15	14:45	THUN vs LUZERN	2.40	3.08	2.45
9. 02.08.15	16:00	NORRKOPING vs AIK FOOTBALL	2.25	3.19	2.55
10. 02.08.15	16:30	SANDHAUSEN vs UNION BERLIN	2.42	3.01	2.47
11. 02.08.15	17:00	ARSENAL vs CHELSEA	2.70	3.05	2.21
12. 02.08.15	18:30	KUPS KUOPIO vs ROPS ROVANIEMI	2.60	3.19	2.21
13. 02.08.15	20:00	FC ROSTOV vs FC KRASNODAR	2.75	3.00	2.21

LAST WEEK'S JACKPOT RESULT SET

1 1 1 2 1 2 2 X 1 2 X X 2

LAST WEEK'S JACKPOT BONUS AMOUNTS

12 out of 13 correct predictions : Ksh 917,732  
11 out of 13 correct predictions : Ksh 109,318  
10 out of 13 correct predictions : Ksh 11,529

MATCHES HIGHLIGHTS

"1" is HOME WIN "X" is DRAW "2" is AWAY TEAM WIN  
The teams in the game are always listed in the order:  
GAME ID, HOME TEAM and VISITING TEAM

PREDICTIONS

DATE	TIME	GAME ID	GAME	1	X	2
01.08.15	17:00	1162	FULHAM vs CRYSTAL PALACE	2.85	3.19	2.06
01.08.15	17:00	1730	BIRMINGHAM vs LEICESTER CITY	3.16	3.06	1.97
01.08.15	17:00	1845	NEWCASTLE UTD vs B MONCHENGLADBACH	2.50	3.18	2.30
01.08.15	17:00	2041	NORWICH CITY vs BRENTFORD	1.78	3.16	3.70
01.08.15	17:00	5007	ANGELHOLMS vs BROMMAPOJKARNA	2.36	2.99	2.55
01.08.15	17:00	5095	GEFLE IF vs FALKENBERGS	1.88	3.12	3.36
01.08.15	17:00	5386	NOTTINGHAM vs ASTON VILLA	2.69	3.18	2.15
01.08.15	17:00	5549	ZENIT ST PETERSBURG vs TEREK GROZNY	1.32	4.00	7.08
01.08.15	17:00	6083	LEEDS vs EVERTON	3.59	3.25	1.77
01.08.15	17:00	7384	DEGERFORS vs UTSIKTENS BK	1.39	3.96	5.69
01.08.15	17:00	7651	LJUNGSKILLE vs AFC UNITED	1.37	4.07	5.65
01.08.15	17:00	7783	BURTON vs DERBY	3.71	3.51	1.68
01.08.15	18:00	1797	STUTTGART vs MANCHESTER CITY	4.32	3.54	1.57
01.08.15	18:00	5570	SPORT POBREZOVA vs ZEMPLIN MICHALOVCE	1.72	3.30	3.74
01.08.15	18:00	5725	OLIMPIC SARAJEVO vs NK CELIK ZENICA	2.02	3.01	3.10
01.08.15	18:00	9627	NOVI PAZAR vs PARTIZAN	4.51	3.23	1.62
01.08.15	18:45	5040	VALENCIA vs PORTO	2.66	3.10	2.22
01.08.15	19:00	9853	BRUGGE vs MECHELEN	1.43	3.85	5.19
01.08.15	19:30	4863	HJK HELSINKI vs LIVERPOOL	10.04	5.39	1.16
01.08.15	19:30	4954	CSKA MOSCOW vs ANZHI MAKHACHKALA	1.32	4.00	7.08
01.08.15	21:00	5581	BOTOSANI vs STEAUA BUCURESTI	2.86	3.12	2.39
01.08.15	21:00	6409	LUDOGORETS RAZGRAD vs LEVSKI SOFIA	1.41	3.80	5.60
01.08.15	21:30	1342	VFL WOLFSBURG vs BAYERN MUNCHEN	3.55	3.45	1.73
01.08.15	22:00	8122	PARIS ST GERMAIN vs LYON	1.52	3.34	5.16
02.08.15	2:00	9957	DC UNITED vs REAL SALT LAKE	1.82	3.15	3.54

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KENYAN PREMIER LEAGUE | KCB face Thika, Stima tackle Sony today

# Abich's steady boot fires Mathare past brewers

Lone strike by defender ends Tusker's wonderful three-match winning streak

BY DAVID KWALIMWA  
[@kwalimwadavid](#)  
dkwalimwa@ke.nationmedia.com

Tusker's three-match winning streak in the Kenyan Premier League was last evening rudely halted by a lone goal from Mathare United's Noah Abich in a fast-paced clash at City Stadium.

The experienced Abich, formerly a Tusker player, stepped forward to score the crucial goal via a direct free kick awarded to the slum boys moments to the recess.

The defender aimed and placed his shot at the far right hand side of Duncan Ochieng's goal to end a wonderful run by the brewers. The shot flew over a four-man Tusker wall and into the back of the net,

"I am happy with the goal because

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Scoring from free kicks requires constant practice on technique and also watching how other players do it"

Noah Abich, Mathare United defender

CHRIS OMOLLO | NATION  
Mathare United's Noah Abich (left) celebrated one of his league goals this season. He was at it again yesterday, scoring in Mathare's 1-0 win over Tusker at City Stadium.

it delivered the results we had planned to achieve. Scoring from free kicks requires constant practice on technique and also watching how other players do it," Abich said after the match.

Abich - a dead ball specialist, also missed a chance to score from another free kick in the opening 20 minutes of the game.

Deadly Tusker striker Jesse

Were, who has scored eight goals in his last three games, had on off day this time round. The left-footed forward, who honed his skills at Mathare, rarely threatened.

Today struggling sides KCB and Thika United will lock horns at the Thika County Stadium, while Sony Sugar, fresh from beating AFC Leopards at their Awendo turf, travel to Kisumu to face Western Stima.

## K'Ogalo, Azam in Cecafta Cup final showdown

CONTINUED FROM PAGE 52

won the quarter-finals. After that match, we reassessed our goals and now we are looking forward to produce a top performance on Sunday (tomorrow) and hopefully win the league (KPL)," Nuttall said.

"We shot ourselves in the foot early in the match but I'm happy that the players reorganized themselves well and scored three goals afterwards," Nuttall said after the match.

Khartoum had a false start after Ibrahim took advantage of the unsettled K'Ogalo squad to send the ball past goalkeeper Bonface Oluoch.

The Kenyan champions took 25 minutes to recover and in the 27th minute, they landed a penalty after goal scorer Amin raised his hands inside the box in an attempt to block

an incoming cross from Walusimbi. Olunga took the resultant penalty, sending a rasping shot into the top right corner, Al Khartoum goalkeeper well beaten. Invigorated by the result, Olunga troubled Al Khartoum's defence a minute later before dispatching a pass to midfielder Innocent Wafula who finished it off with a spectacular thunderbolt.

Oluoch stood firm

Omar Ali Alkidir and Samawal Merghani tried to bring Al Khartoum back into the game, but Oluoch and his defending trio of Musa Mohammed, Karim Nizigiyimana and Abouba Sibomana stood firm.

After the restart, Meddie Kagere extended the scores once again. Rwandan left back Sibomana had drawn out the goalkeeper before passing the ball to the awaiting Olunga. Olunga, who was sub-

dued by Khartoum defenders, switched the ball onto the right wing for Kagere to nod home.

Ten minutes into the second-half, Khartoum coach Kwesi Appiah hauled off defender Salah Eldin and captain Amin Ibrahim and brought in midfielders Nagimedin Abdalla and Ousman Bilala in their place.

This however bore no fruit as the scores remained unchanged at the final whistle, effectively relegating Al Khartoum to the play offs and instantly admitting K'Ogalo into the final of the tournament.

"In football, when you are playing at such high level, you have to concentrate throughout because the moment you lose concentration, you give the opponent a chance to catch up with you," Al Khartoum coach Kwesi Appiah said.

## NOTEBOOK

DIFFERENT COLOURS

White couple causes a stir among pupils

I was surprised the other day when I saw a group of primary school pupils staring and laughing at a white couple on the ferry crossing from Kivukoni to Kigamboni in Dar es Salaam.

The pupils, boarding a ferry home from school, were so fascinated by these 'aliens.' They stood smiling sheepishly at the couple until the couple disappeared from sight.

12TH MAN

Kenya's ambassador yet to visit Gor camp

Despite Gor Mahia's impressive run in the tournament, not one high profile Kenyan living in Tanzania has visited the team.

It had been widely anticipated that the Kenyan champions would receive visitors like Kenyan ambassador to Tanzania Chirau Ali Mwakwere, but not even K'Ogalo's qualification to the final has moved the ambassador to pay the team a motivational visit.

OUT AND ABOUT

Feeling like sea food? Not worth the effort!

I visited the beach in Dar es Salaam yesterday and had a taste of the sea food on offer here and honestly, I don't know how people claim to love sea food such as sushi. It tastes like pieces of uncooked food!

I had bought an assortment of sea food from roadside vendors including shrimps, crabs and I remember feeling nauseated upon eating it that I threw away.

'HOLY SITE'

Msimbazi Street popular with Yanga

Gor Mahia have their revered Tom Mboya statue, and Yanga have Msimbazi Street where fans meet on match days before making their way into the stadium.

Msimbazi Street is situated in Kariakor, 10 kilometers away from the city center. The street is lined with several shops selling Yanga merchandise for the club like jerseys, scarves, and T-shirts, and they make huge sales even when the team is not playing.





BILLY MUTAI | NATION

Musa Otieno (left) plays in an exhibition match at Camp Toyoyo, Nairobi yesterday.

## Eastlands' spanking artificial pitch at Camp Toyoyo ready for use

BY JOHN ASHIHUNDU  
jashihundu@ke.nationmedia.com

Kenya's third venue with an artificial playing surface is ready to host matches.

The 5,000 capacity Camp Toyoyo ground situated in Jericho estate, Nairobi was officially opened by Deputy President William Ruto on Thursday.

The other two artificial pitches are at Nairobi's City Stadium and Moi Stadium in Kisumu.

The Sh60million project, funded by Makadara Constituency Development Fund (CDF), will be the first one of its kind funded by public money.

Many football fans in Nairobi's Eastlands have fond memories of the many estate tournaments played in Jericho that produced

some of Kenya's most gifted players among them former Harambee Stars captain and current assistant coach, Musa Otieno.

Tournaments organised here attracting many great football players including those who secured scholarships to study and play abroad.

Many of the retired and active soccer stars honed their skills in the very ground Camp Toyoyo stand.

"These grounds have sentimental value for most of us who grew up here, and being a former footballer, I have honoured my pre-election pledge of laying down an artificial turf," said area MP Benson Mutura adding that changing rooms for players and terraces for the fans currently under construction will be completed soon.

He said: "Once completed, the

facility will offer job opportunities for the youth in form of security, management of the facility as well as talent development."

Nairobi County Liquor Licensing Board chairman, Vincent Shimoli, who started his football career here with many other great players said football in Eastlands was like religion.

The former Kakamega United and Re-Union midfielder hailed the area MP for his tireless efforts to eliminate crime through sports activities.

Shimoli said his board will offer financial and material support to the stadium management to enable them complete the project that will also host other sports including boxing, karate and hockey.

"Other Nairobi football teams with proper structures will also benefit

from our funding," said Shimoli.

The Ghetto tournaments in Jericho were started by the late Leonard Otieno Omar, popularly known as Oti Father, a true football mobiliser who sacrificed his mechanic job for the love of football.

Oti Father started nurturing youth football in the early 1980s where matches started at 8.30am.

Young stars would converge at the ground for training every day.

The field was very busy during school holidays with young talent displaying their skills where substitutions would be unlimited.

Speaking during the opening ceremony Ruto directed Sports Cabinet Secretary Hassan Wario to take necessary action against poor leadership in football that has seen the game's standards plummet.

COMMUNITY SHIELD | Walcott, Cazorla renew contract with Gunners ahead of match

# Costa, Cahil fit for Wembley clash

Mourinho welcome back his stars for tomorrow's meeting with Arsenal

London

Chelsea manager Jose Mourinho said yesterday that striker Diego Costa and centre-back Gary Cahill will be fit to face Arsenal in this weekend's Community Shield.

The pair were injured in Tuesday's friendly against Barcelona in Washington DC, when Costa was forced out of the game with a hamstring problem and Cahill suffered a suspected broken nose.

But speaking ahead of the traditional Wembley curtain-raiser between the Premier League champions and the FA Cup holders tomorrow, Mourinho confirmed the two players were available to face Arsene Wenger's side.

"They are both good, everyone is available," he said.

Costa's hamstring problem provided a reminder of the Spain international's injury woes from last season, when the forward suffered a succession of injuries.

But Mourinho believes Costa has resolved last season's problems and with Radamel Falcao and Loic Remy also at his disposal, he feels he has sufficient cover in attack.

Asked if Costa was now injury-free, Mourinho said: "I believe, but I'm not worried about it. I go match after match. Fantastic group of strikers. So no problem."

He added: "I have three top strikers. If one is injured, we have two. I have no concerns, no protections. It's a position where we're very strong."

The outcome of Sunday's meeting will offer nothing more than a pointer with regards to the coming Premier League campaign.

But the lingering enmity between Mourinho and Wenger — fuelled by the Arsenal manager's failure to beat his



FILE | AFP

Chelsea forward Diego Costa (left) scores past New York Red Bulls goalkeeper Santiago Castano during their International Champions Cup match at the Red Bull Arena in Harrison on July 22.

Chelsea counterpart in 13 attempts — means the game carries added significance.

"It's not a friendly like against Barcelona, Paris Saint-Germain or Arsenal against Wolfsburg," Mourinho said. "It's more than that, but it's less than a Premier League match."

"We lost against Red Bull (the New York Red Bulls) and we were not happy. So it's normal that we always try to play for a result and the Community Shield has a motivation, obviously different than just a friendly or just a summer tourna-

ment. I would say it's the start of the competition."

But he added: "I just want my club to get the best possible results."

"It doesn't matter if it's Arsenal. It doesn't matter about the (opposing) manager. I just want my team, my club, to try to get the best possible results. That's all that matters."

"In football you can win or lose or draw. In this case you have to be ready for everything and I never made my victories over Arsenal an explosion of happiness or special pride and I'll not make a drama if some day we lose." (AFP)

### GUNNERS AT HEART

#### Cazorla, Walcott sign new contracts with Arsenal

England forward Theo Walcott and Spanish midfielder Santi Cazorla have both agreed contract extensions with Arsenal, the Premier League club announced yesterday. Walcott, 26, announced on Twitter that he had signed a four-year contract, but the length of Cazorla's deal was not disclosed. "We're delighted to have extended the contracts of Santi and Theo," Arsenal manager Arsene Wenger told the club's website. "Both are top quality players who are hugely important and influential to our squad. As well as their huge contributions on the pitch, they both have a great deal of experience and are very popular off the pitch."

## Real Madrid beat Milan in China

London

A miss by AC Milan's 16-year-old reserve goalkeeper gave Real Madrid a 10-9 penalty shoot-out victory in an exhibition match in Shanghai on Thursday.

The shoot-out followed a 0-0 stalemate after 90 minutes and sealed victory for Real Madrid in the China edition of the International Champions Cup.

Both teams' goalkeepers ended up having to take a spot-kick with the score still tied after all outfield players had taken a turn.

Madrid goalkeeper Kiko Casilla confidently strode to the penalty spot before hammering the ball past Milan teenager Gianluigi Donnarumma to put his side 10-9 ahead.

The keepers then swapped positions with Donnarumma needing to score to keep AC Milan in the game, but the young Italian fired directly at Casilla who saved easily to seal victory for the Spanish club.

The dramatic climax was the highlight of an otherwise disappointing match in which neither side came close to scoring from free play.

### Strong line-ups

Both clubs fielded strong line-ups — Real Madrid started with the world's two most expensive footballers in Cristiano Ronaldo and Gareth Bale — but despite the talent on display there was little notable action for the near-capacity crowd at the 60,000-seat Shanghai Stadium.

It wasn't until the 39th minute that Real Madrid were seriously tested when AC Milan forward M'Baye Niang made a dangerous run into the box only to collide with Casilla before being able to unleash a shot.

In the first minute of the second half Niang then forced a classy save from Casilla with a rasping drive from the right edge of the area.

The match was played in sweltering conditions — 32 degrees Celsius heat and relative humidity of 60 per cent — which saw the game stopped for regular water breaks and multiple substitutions.

Both teams were playing their second and final games in China as part of their extended summer tours. Real Madrid had on Monday sealed a comprehensive 3-0 win over Inter Milan in Guangzhou, while on Saturday AC Milan beat city rivals Inter Milan 1-0 in Shenzhen. (AFP)

66

It's more than that, but it's less than a Premier League match...it's normal that we always try to play for a result.. it's the start of the competition"

Jose Mourinho, Chelsea boss





## ATHLETICS

Cheruiyot back to best with electrifying performance in 10,000m in trials at Nyayo. P. 49



## SPORT INSIDE

### BASKETBALL

#### IT'S BUSY WEEKEND FOR LEAGUE TEAMS

Twenty-three matches lined up in men and women's competitions. P. 49



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Saturday Nation



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CECAFA CLUB CHAMPIONSHIPS | Kenyan champs recover to floor Sudanese side in Dar

# Gor face Azam in final showdown

K'Ogalo shoot down Al Khartoum in semis to book date with home team in title decider



BY CELESTINE OLOILO

In Dar es Salaam

**K**enyan champions Gor Mahia will play Tanzania's Azam tomorrow in the final of the 2015 Ceca Club Championships in Dar es Salaam.

Gor reached the final after brushing aside Al Khartoum from Sudan 3-1 in yesterday's first semi-final match played at the National Stadium in Dar es Salaam. Azam beat Uganda's KCCA 1-0 in the second semi-final match.

Azam's Farid Musa scored the lone goal of the match in the second-half when he was teed off by midfielder Ammy Ali and he smashed the ball inside the match, commanding a standing ovation from the Tanzanian fans.

Tomorrow's final will be preceded by a play-off match between KCCA

and Al-Khartoum. Yesterday, Michael Olunga, Innocent Wafula and Meddie Kagere provided the goals for Gor Mahia after Al Khartoum captain Amin Ibrahim had scored in the second minute of the match. It was a victory that caused Scottish tactician Frank Nuttall to jump into the arms of assistant coach Frank Ouna after the final whistle. Al Khartoum's Anthony Akumu, formerly of Gor Mahia, pulled away from his crestfallen team mates and joined his former team mates in a prayer on the pitch.

With this win, K'Ogalo have confirmed their place in the tournament finals for the first time since 1985 something that was a very distant dream just two weeks ago.

They will come up against Azam in the final tomorrow.

"Our target changed the moment we

CONTINUED ON PAGE 50

“

Our target changed the moment we won the quarter-finals... we reassessed our goals and now we are looking forward to produce a top performance on Sunday (tomorrow)...”

Frank Nuttall, Gor Mahia coach



CHRIS OMOLLO | NATION

Gor Mahia's Micheal Olunga (right) and Innocent Wafula scored in their 3-1 win over Al-Khartoum yesterday in the 2015 Ceca Club championships.

## FIRST CLASS ICT CONNECTIVITY IN EAST AFRICA

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The EastAfrican 20 YEARS

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She Has **CHANGED SIDES**



Now she advises the boys how to avoid being **BUSTED**

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these tips**

*Main*  
**FEATURE**

# MASTER YOUR GRIEF

**FOUR READERS WHO  
HAVE LOST SOMEONE  
THEY LOVE EXPLAIN  
HOW TO RECOVER**





A  
14-YEAR OLD  
WALKS INTO A  
NAIROBI MALL,  
CARRYING \$2  
BILLION

HOLLA, the youth study from Consumer Insight, can tell you what happened next: What was bought, who they met up with and where they hangout next. It takes such local insights to build brands and finding them is something we have done for over a decade. Call us to find out more on our comprehensive youth study.

**Know the Stories, Grow Your Brands**



From the editor

There is a revival going on in Kenya. Everywhere you look, women are going back to their roots – and it all starts with the head.

I see more women eschewing weaves and wearing natural hairstyles – huge, natural afros, dreadlocks, braids on untreated hair. There are even weaves designed to give you that afro you so desire but do not yet have the length or volume to achieve.

I see more women wearing African fabric – Ankara, *kitenge*, even plain old *shukas* and *lesos* – all given fabulous modern twists. Heck, you can even get your old shoes refurbished if you get a good *fundi* to layer them in African fabric. There are hundreds of Facebook groups around the world tailored to this growing market, all offering tips and tricks on how to be a natural African sista. And it's all good.

One would assume that the end result is ease on the pocket, yes? It must be cheaper to buy fabric and take it to a *fundi* to *shona* something for an upcoming wedding than it is to go to a shop at a mall and buy an off-the-rack dress, yes? It must be cheaper to wear your hair natural than it is to have to visit the salon every two weeks for treatments and retouches and weaving and un-weaving, yes?

Well, no. Certainly not the way that we do it these days. Let's talk about hair, for starters. To be a natural sista means to come armed with an arsenal of ingredients designed to soften, moisturise, curl, straighten, wave and lengthen those locks. No more are we content with washing and going, or (when we're being extravagant) getting a blow dry.

Now you have to slather on oils of all sorts – olive, avocado, coconut, even ghee – in order to get the

sort of hair that bounces around and shines and does other extraordinary things we didn't know black hair could do. You can throw in some butter, too. Even yoghurt, cheese, milk, honey and sugar are fair game – and will do the job you want. But consider the expense of using all these items on your hair instead of putting them in your stomach, and costs really begin to soar.

And when it comes to modern African wear, it's not enough to get your local *fundi* who works in a kiosk down the road from your house to put together something for you – you have to go to a designer who will create something akin to what Lupita would wear on a red carpet. Yes, things have changed since the days our mothers wore afros and local fabrics.

So if you are planning on going the natural, local route, do it – as an expression of pride, not necessarily because you think it will be cheaper, easier or more convenient. Because it is not.

Wayua Muli  
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Amollo wears a grey and pink cropped double breast cape from Clothing Garage, a grey felt hat and silver loops from Truworths and rugged jeans from Morris en Clad.

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- p12 Cosy capes for style and warmth
- p15 The man with an insatiable fetish
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EDITOR'S BAROMETER

Five nuts and seeds that promote better health

- 1. **Macadamia nuts** - They have monounsaturated fats that are good for heart health.
- 2. **Flaxseeds** - Rich in omega 3 fatty acids for heart and brain health, lignans for heart health and fibre for digestion.
- 3. **Sesame seeds** - Great source of quality protein and rich in zinc.
- 4. **Cashew nuts** - Have monounsaturated fats that are heart-friendly.
- 5. **Almonds** - Rich in monounsaturated fats and vitamin E.



Sesame seeds



Cashew nuts



Macadamia nuts



Almonds



Flaxseeds

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# FEEDBACK

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## Made in Africa

I was happy to read Kate Getao's article which highlighted some of the overlooked inventions by Africans which led to the advancement of man. History has been written to portray us as a daft populace in need of salvation from the 'intellectual' and 'superior' Caucasians. I wish Kate would have delved even further into religion whereby you find that all religions trace their roots to Africa, all these religions and faiths are an offshoot of what was we started. Don't forget that the great civilisation of Egypt was a black civilisation called Khemet, which translates to black land; even the pharaohs were black, as evident in the statues that portrayed them and the paintings on the walls of the pyramids. We lost the plot when we entrusted the white man with our education, what did he do? He made everything Caucasian appear superior to anything associated with Africans. And unfortunately, he inflicted a mental plague on Africans. It is very depressing to see Africans looking down on themselves, yet we are the original people of this earth; every race owes its existence to us, yet we cast ourselves in the league of slaves and view the whites as gods. I hope Kate's article nudged some of those who are still shackled by mental slavery to seek the truth that will set them free. Only by this effort will Africans be able to dig themselves out of the graves in which they were buried by white supremacists. **Nick Nyagaka, via email**

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Thank you very much for the article that appeared in last week's *Flakes* about African inventions. I agree with Kate 100 per cent that Africans are the mothers of all inventions that we see today. I would like to see more examples of African innovations being celebrated. Our inventiveness was not only in the past, but there are Africans coming up with inventions and innovations every day; they just need to learn how to monetise them. As a person who works with the youth to transform them, I know nurturing their inventive ideas could be one way to help them appreciate their African roots. **Michael, via email**

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## Tips for budding entrepreneurs

I am the chairman of the BMK Group, one of the big investors in Uganda and even at my level, I enjoyed reading and learning those lessons from Waceke

FLAKES: KATE GETAO

I was recently researching some pseudo-science on the web which claims that Sub-Saharan Africans have an average intelligence quotient of 70 – in other words, the average African is mildly mentally retarded. Now before you jump on your high horse, the researchers who came up with this finding present lengthy papers explaining and defending their methodology. They also point to the dearth of scientific or technological discoveries emanating from this continent.

However, when I think about it, there have been some serious technological discoveries by Africans, without which humankind would be very badly off indeed. Take language as an example. The technology that makes it possible for me to write this article, and for you to read and understand it, has been traced back to East Africa. Without language humans would be confined to 'gushuh' grunts and pointing to express themselves, and there would be no books, no newspapers, no television, no Internet and certainly no academic papers to analyse the deficiencies in African intelligence.

And what about fire? That was quite an intellectual leap! You can imagine someone freezing in some arctic landscape seeing a need for some technology to warm themselves up, but why on earth would a human being who was sweltering under the equatorial sun suddenly decide to rub sticks together in order to build a fire? What is more, she was probably in an environment where a leopard, lion or some other malicious large cat could have quickly decided to eat her, raw. And yet she bravely sat there and rubbed sticks until they smoked (no quick task as I can testify) built a fire, stuck her finger into it and simultaneously discovered *nyama choma* and cannibalism!

Anyone who has drawn close to a *nyama choma* pile knows that there is a strong connection between this activity and halitosis, so once again, it was the African who perceived that chewing a few twigs from the garden hedge restored dental hygiene, and family relationships. Chewing on a twig produces something that looks very much like a toothbrush, while simulating the taste of a minty



## Proudly invented by Africans

toothpaste. The only thing that the *nyama choma* eaters failed to do was to commercialise their discovery. Consider the wheel, another African mystery invention. How Africans found time to play despite the difficulties in finding food and the

**There have been some serious discoveries, without which mankind would be badly off**

very real dangers, seen and unseen, in their environment, is food for thought. When I was in primary school we were taught, probably erroneously, that the first wheels were toys built by African boys. The boys propelled their toys across the Savannah using sticks. Now anyone who has ever tried to navigate themselves, let alone a rickety wheel, through elephant grass should be entertaining serious doubts about this scenario, but we need to question our history teachers in case the question came up in the KCPE General Paper. However, maybe

Africans had already invented roads by the time they invented wheels. Show a Westerner an insect and they immediately invent a noxious substance such as DDT to annihilate the poor, wee creature while poisoning the whole food chain. Not so the African. The African invented the fly-whisk. Not only does this contraption gently discourage the insect from becoming a nuisance without killing it, but it gives old men stature while exercising their arthritic wrists. What is more it is made using the by-products of food production, thus saving the environment. Having used the tail to make the fly-friendly fly-whisk, the Africans discovered that stretching the rest of the skin over a wooden frame made a very nice musical instrument, that is, the drum. I am sure that Africans discovered dance right from the cradle, but drums enabled synchronised movements. The Africans were so pleased with the drum that there was no need to develop a whole orchestra of other instruments.

So, far from not inventing, I have a suspicion that Africans are inventing all the time. We just haven't figured out a way to make money out of our inventions.

Be African and proud this weekend.

Send your feedback to [satmag@ke.nationmedia.com](mailto:satmag@ke.nationmedia.com)

Nduati-Omanga

on things entrepreneurs need to know before starting a business. All the eight lessons presented gave valuable insights, but I liked the sixth one best because it reminded me what my late father told me when I was 16 years old, that business money should be kept separate from personal money. That is what has made me into a leading investor in my country. **Dr B M Kibirige, Uganda**

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As a person who is mulling starting a business in the near future. I found Waceke's lessons quite enlightening especially for budding entrepreneurs like me. Reading them felt like sitting at the feet of a sage and soaking in wisdom. Beginners can learn a lot from veterans, when the veterans share what they know about business in hindsight. There is no doubt that those who started businesses before us have learnt some tough but valuable lessons on the job, and they should share that information freely with those who are starting out, though this is not always the case. Kudos Waceke, for being generous with helpful information. **Anthony Kamau, via email**

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## Lessons to my younger self

Thank you for that article by Joan Thatiah titled 'Parenting lessons to my younger self.' As a new and first-time

mother, I feel compelled to be a perfect mother yet no one taught me how to do this; as Joan said, parenting is a course you learn on the job. There are also many people bombarding me with advice on how to raise my child, but I have come to learn that every child is different, so what works for one child may not work for another, even if they are siblings. I am learning to pick up cues from my baby on how to treat him. I found the article very helpful and it taught me to relax and trust that I am doing a good job in raising my child. **Mercy Muthoni, Nyeri**

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## Using golf as a prop

As usual, I enjoyed reading Jackson Biko's weekly installment of wit and entertainment. Like Biko, I have noticed that so many men have taken to golf nowadays. However, I have never understood why people golf in the first place. It doesn't seem like a sport that promotes fitness because the players stroll on the golf course and sometimes hit the balls without exerting themselves hard enough. Anyway, back to Biko's message, I am now starting to look at my male friends who claim to play golf suspiciously, because as Biko

revealed, it could just be a prop to make me fall in love with them. Men, you've been outed, you need a new trick in the bag. **Carole Akinyi, via email**

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## Helpful advice

Aunt Truphena's advice to the man who had a distant girlfriend in last weekend's *Satmag* was like water to my wilting relationship; it revived my relationship. I am the silent one in our relationship and my girlfriend of six months claims that I am unromantic and that it is difficult to love me. I have given her everything she needs (except a Range Rover) but that hasn't improved our relationship. However, after she read the article, she understood my personality and apologised for the labels she had given me before. The apology made me love her even more and now our relationship is doing better. **Charles Butiko, via email**

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## Good travel pieces

I enjoy reading Rupri Mangat's travel pieces. The way she describes the places she visits not only make you feel as if you are there with her, they also make you want to go there and experience the sights and sounds for yourself. I also love how she weaves in history into her pieces making them very informative reads. **Joseph Mbuvi, via email**

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## ESTEEM TIPS

# How to achieve an air of respectability

There are certain things in life that money cannot buy. One of the most sought-after qualities that many women long to possess is that of being respected by others. When people hold you in high regard no matter what your station in life is, it gives one a sense of satisfaction that is difficult to describe. How can you know that you have won the respect of others? There are many ways, such as how well people speak or do not speak of you. You can also tell by how others talk to and look at you. Remember, you do not have to be rich or famous to be respected. All you have to do is to be yourself in the nicest way. Here are some pointers to get you started on that path.



### ■ Always weigh your words

Think before you open your mouth to speak. If you are the kind of person whose mouth has no limits, you will find yourself gradually losing respect. Always talking ill about other people, gossiping and criticisms will make others raise their eyebrows whenever they encounter you. Sometimes a little silence will go a long way in earning you back lost respect.

### ■ Do not talk about yourself all the time

Everything should not always be about you. When there is unlimited information about you out there, it becomes rather difficult to control the way rumours may spread. The most notorious situations occur on social media where you can read the weirdest things about others. Avoid fuelling all this by keeping your personal life personal.

### ■ Keep your word

To keep your respect intact, keep your word whenever you promise anything. This is very crucial in business. If you keep on promising your customers or clients things that you are clearly not in a position to deliver, your reputation will soon go down the drain. They will think that you are lying to them anytime you agree on something. If you are not sure that you can deliver, it is better to remain non-committal. Many people are afraid of saying no upfront and tend to agree something at first, only to withdraw at the last minute with all sorts of excuses.

### ■ Pay your debts

No amount of money is worth losing your respect over. When you decline to pay someone a debt you owe, you could end up embarrassed and disrespected.

– IRENE NJOROGE-KRISTIAN  
(etiquette lecturer)

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## FLAKES: KATE GETAO

**F**rench chefs are famous for being among the best in the world. However, it was a French chef who made the famous TV gaffe, “add a few forkfuls of oil.” Mind you, he may have meant exactly what he said. Perhaps his recipe was drawn from the “cuisine minceur” (literally ‘slim cooking’) school. After the whole medical profession has conspired to give us all a terror of the fats family of foods, which of us does not struggle with teaspoons, sprays and kitchen paper to reduce the oil in our food? I had not previously thought of recruiting a fork into my efforts, but I will certainly give it a try.

Cookery is an essential life skill; we all

**Every cooking disaster is a public disaster; you can’t discreetly throw the result in the bin**

need to eat to live (and an increasing number of us also live to eat.) But cooking is also an enjoyable pastime, a way of showing love to our family and friends, and a way of being totally creative – mixing and merging God’s bounty of cereals, vegetables, meats, herbs and spices into surprising and delicious results.

But let’s face it, cooking can also be a pain. I am not talking about those times when you are forced to cobble together a meal in minutes while a hungry family bays for your blood. I mean those times when a creative creation becomes, well, creative. The pity of it is that the budding cook simply cannot resist announcing that they are about to cook *Coq au vin* or pumpkin chapatis or mushroom risotto or whatever the flavour of the day is. This results in a large



ILLUSTRATION | JOSEPH NGARI

## A forkful of cooking oil

number of household inhabitants gathering at the dining table with their eating implements at the ready. A few of the younger ones even rush into the kitchen to lick bowls, spoons, chopping boards and any other utensil which may retain some raw materials. This means that every cooking disaster is a public disaster; there is no opportunity to discreetly scrape the disgusting result into the bin. Instead it is bitterly consumed by the waiting crowd who are determined to eat it even if it kills them!

Cooking disasters have been part of my life for so long that I have even come up with a classification scheme to describe

them. The most determined group of cooking rebels are the curdlers, which include homemade mayonnaise, custard and yoghurt. These are all supposed to produce smooth and creamy substances that slide across the tongue, but are equally likely to emerge as porridgy lumps floating in a sour liquid.

An embarrassing but edible group are the deflators. These include cakes (especially birthday cakes for six-year-olds), meringues, mousses and fools (and I don’t mean the one wearing the faux chef’s hat). These are visualised as light and airy concoctions, but all too often they fall as flat as a drunken

sailor, and take on the consistency of his ageing boots.

A dramatic group are the exploding foods. Amazingly, they do it all by themselves, without even a hint of assistance from Al Shabaab or any other subversive group. These include any egg that you attempt to introduce into a cooking device known as a microwave. In my case, they include the many foods that I forget to supervise when they are bubbling inside another cooking device known as a pressure cooker. Believe me, pres-

sure and cooking should never mix!

Everyone is familiar with the burnt offerings category, the most common example being burnt bread, otherwise known as toast. However, there are many other foods which love to burn including onions, rice, and meat that rolls off the barbecue grill and straight into the hot coals!

Worse than food which cook too much are foods that don’t want to cook at all, in other words the c’raw’lers. Any roast chicken which had even a passing acquaintance with a freezer during its life (or is it death?) history, falls into this category. No matter how brown and succulent it may look on the outside, there is always the risk of stringy, uncooked flesh at its core. They say that milk never boils if you watch it (and of course boils over in a frothy, hard-to-clean mess as soon as you take your eyes off it!). But, whatever the problem, I have to keep trying because good food is essential to a good life.

Enjoy your cooking this Saturday.

Send your feedback to [satmag@ke.nationmedia.com](mailto:satmag@ke.nationmedia.com)

**DAY  
IN THE  
LIFE**

BY JOAN THATIAH

## Raising the next generation of techies

**Lynette M. Ndile, 25, is an aeronautical engineer and the project manager of the Africa Tech Challenge**

“Eight years ago, I got a Chinese government scholarship to study aeronautical engineering and flight design in Beijing. While there, I found that advocacy and empowerment for the youth was my true passion. Now, I am trying to use my technical knowledge to empower youth in technical fields. My ultimate dream is to convert Kenya into a manufacturing hub led by young people.

“I value my sleep, but I had to be up by 6 am this morning for an early morning meeting. For two years now, I have been managing the Africa Tech Challenge. This is a project targeting African students in technical fields. We aim to upgrade their skills from basic to high professional ones through training so

that they can all stop looking at employment and start thinking of manufacturing. This involves training and supply of manufacturing equipment that the students do not have in the institutions.

“As the manager, my job entails creating awareness for the project, arranging for training and overseeing the daily running of the project. I spend most of my days in meetings with my engineering teams, my social media team and my public relations team. In between my schedule, I check up on friends. You do not need a hundred friends but to be able to say that you are truly successful, you need at least five friends in your corner.

“We are in the middle of my favourite part of the project. Students are competing to come up with a mobile phone technical application that can link all technical students in Kenya, the local industry and potential investors.

The best part of my day was seeing a student come up with an original concept. The students all get to sharpen their skills and the winner gets rewarded. I think this moment is the best for me because I get to see myself in them. I got empowered in a big way, now it’s my turn to pay it forward.

“My workday ended at 6 pm and I spent most of the evening doing



Zumba with a friend. Most of my days are pretty mentally engaging. During Zumba I get to switch my phone off and re-energise. My family is very close-knit, if I wasn’t doing Zumba, I would have spent

the evening catching up with my dad. He is a great sounding board. On the weekends, I catch up with my mum and my siblings. I am an emotional perfectionist and this means that on days that I do not feel like I achieved, I beat myself up. Each evening, I make a conscious effort to remember that tomorrow is another day to try again.”



## MAINFEATURE



## ON LOSING A FATHER

**Elizabeth Achieng Owor**, 30, lost her father to a stroke in 1993.

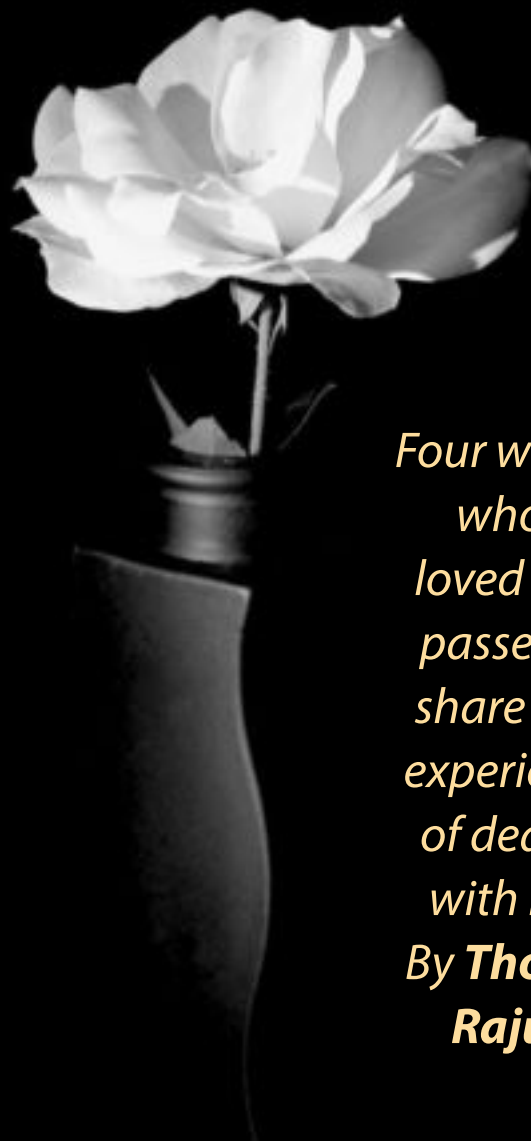
"Remmy Sylvester Owor was my father and that of my 10 siblings. He was very macho but still had a sensitive spot. I remember the times he would shoo us all away from the kitchen and make a meal for all of us by himself.

"My dad suffered from high blood pressure. On the fateful day of his death, on 23rd September, 1993, which was a weekend, it all happened suddenly. My older sister, a newly-wed who was pregnant, had come home from Mombasa where she lived. We were all so excited, too excited to notice that my dad had suffered a stroke in his room. By the time we realized there was a problem, it was too late. He was rushed to Masaba Hospital (now known as Nairobi Women's Hospital) at Adams Arcade in Nairobi, but unfortunately he was declared dead on arrival. My sister was the last person to see him alive. I was very young when he died, but I feel that if it were not for the excitement of that day, maybe we would have gotten to him on time.

"Immediately my dad was rushed to the hospital, a sombre mood engulfed our house. There was a deathly, suffocating quietness inside. When the people who had rushed my dad to hospital came back with the news, I thought the world had ended. I went to bed immediately and woke up thinking that I had had a nightmare, but the nightmare was only too real. The screams from relatives who came in droves did not make it any easier. My elder sister tried to explain things to me, thinking I couldn't understand what had happened. I slept for hours hoping that when I woke up I would find that it was just a bad dream. I just wanted to escape from the harsh reality that my anchor and support and our sole breadwinner was no more. Life would never be the same and even now, I wonder if things would be different if he were still alive.

"It may be cliché, but time healed me, but there are times when I get lost in myself. As for people who are grieving, I would tell them to pick a reason to hold on and grasp it with all their strength. It is not easy but you have to hang on. You also need to find your inner peace; look deep inside you and find your chi (energy). Spirituality can also help, though it doesn't work for everyone. I love that my dad's love for reading lives in me. It has taken me more than 20 years, but I have grown in leaps and bounds. After all is said and done, life has to go on."

# Dealing with loss



*Four women whose loved ones passed on share their experiences of dealing with loss.*

**By Thomas Rajula**

**N**o one gets out of life alive. Death is inevitable. Whether it comes as a result of old age, an accident, illness or by whatever other means, it is an end that we all have to face. But even then, nothing prepares us for the death of a loved one. Losing someone that you care deeply about, not only leaves a deep, empty void that cannot be filled by anything else, it also opens a flood of emotions that are hard to cope with. According to helpguide.org, while the pain and sadness may feel like it will never let up, they are normal reactions to a significant loss. There is no right or wrong way to grieve a loved one, but there are healthy ways to cope with the pain that will, in time, help you to move on.

Focus on the Family goes on to explain that moving on doesn't mean forgetting about the loved one who died. Enjoying life again and piecing together your shattered emotions doesn't mean you somehow betray a loved one. It simply means that your grief has ran its course. The Saturday Magazine caught up with four women who have lost a loved one, and who shared how they dealt with their loss and got back to living fully, while keeping the memory of the dead loved one intact.



ON LOSING A GRANDMOTHER

**Susan Akinyi**, lost her grandmother to a sudden illness

“Naomi Waithera, my grandmother, and I were very close. She played the role of confidant, and before she died she left me with a box of miscellaneous items from her house that she knew I had grown to appreciate over the years. Among these items was an old leather-bound journal that she aptly named her ‘inspiration journal’. Throughout the second half of her life, she used this journal to jot down ideas, thoughts, quotes, song lyrics, and anything else that moved her. She would read excerpts from her journal to me when I was growing up, and I would listen and ask questions. I credit a part of who I am now to the wisdom she bestowed on me when I was young. I also loved to dine at her small restaurant in the city centre. She was the best cook!

“At the time of her death she seemed fit, but occasionally complained of extreme weakness and fever. It wasn’t long before she was fighting for her life in hospital. I couldn’t come to terms with my grandmother’s death, because a part of me had died too. It has been eight years and three months since she died. The grieving process takes time. Healing happens gradually; it can’t be forced or hurried and there is no timetable for grieving. Some people start to feel better in weeks or months. I was patient with myself and my family and friends played a big role in my healing process. There were moments and images that were particularly traumatic, for instance, the memory of the decision to turn off her life support. I had to find a way to blot out these images. Talking through such memories with the loved ones who went through them with me, helped. The best way to deal with the grief is to take what your dead loved one loved and incorporate it in your life. It may take years for you to fully digest what happened, but group grief sessions once or twice can help.”



ON LOSING A SISTER

**Susan Njuguna**, 45, talks about dealing with the loss of her sister who died after suffering from deep vein thrombosis (blood clot in the leg).

“Lucy Njuguna was my sister, my best friend, my soulmate. We were the last two in a family of nine kids, and she was only older than me by two years. Everything I knew as a kid I learned from her including counting and singing. When I started school, the only time we spent apart was class time. We went to school together, left for home together, and kept each other company during break. We went to the same high school and college; we even moved in together after moving out of our parents’ house. I already had two kids and because I worked long hours and travelled a lot for work, she played the role of mother to my children. Less than six months prior to her death, my sister was diagnosed with a blood clot in her leg and was admitted to hospital for a few days. She once mentioned after a follow-up consultation with her doctor, that one of her doctor’s patients had died when the clot moved from her leg to her heart. I suspect that this was the same thing that cut Lucy’s life short, although we did not get a postmortem done because we were in too much shock. “The day before she died, she had gone to see her doctor, who said that her pulse was weak, but he still let her come back home. That night she got very sick. I got home just as my parents were preparing to take her to hospital. When I saw Lucy, I got a bad feeling. On the morning of 24th November, 2005, I got a call from the hospital. A nurse said that Lucy was asking for me. I left for the hospital with my brother Peter, but on our way, Bernard, my other brother called to say that the doctor had confirmed Lucy was no more.

“I was inconsolable, but I had to be strong for my kids. Two days after we buried Lucy, I went back to work; I became a workaholic as a coping mechanism. It didn’t quite work; every year around the time she died, I grieve for her. Family gatherings are also difficult because I feel her absence greatly. When my son’s KCPE results came out a few weeks after her death, Lucy was the first person I thought to call. For more than a year, it was hard for me to mention her name, talk about her or touch her stuff without losing myself, but it got easier with time.

“I advise people who are grieving to allow themselves to mourn at that time when the death happens and any other time when their absence overwhelms you. If you feel like locking yourself up during anniversaries and letting your emotions go, that’s okay. Lucy was in my life for 35 years; it is not fair to expect me to grieve for any lesser period than that. The only thing I regret is not allowing myself to grieve just after she died; other members of the family who grieved at that time were able to move on.”

ON LOSING A BOYFRIEND

**Michele Ngele**, 23, talks about dealing with the death of her boyfriend who was beaten to death

“Jerry Isaac was my boyfriend, my best friend ... he was everything to me. We were both students at USIU. He was pursuing an MBA while I was an undergraduate. We were both very ambitious so we spent most of our time together dreaming and thinking about our future. For two years, we never went a whole day without seeing each other. I remember teaching him how to make pancakes, and he made them every day after that – really good ones too.

“My Jerry was beaten to death a year and eight months ago. It looked as though he had been tortured. The main cause of death was blunt force trauma to the head. We found his body five days after he went missing from a dinner he had been invited to. I prayed every minute, cried every night for those five days. Somehow, I knew something was very wrong. Then his mother called me, crying so hard she couldn’t speak. I didn’t need her to say anything. I knew. I knew Jerry was gone. But I’d been crying all week and I had no more tears left. I was in shock. I got up and went to school as if nothing had happened because I had exams. Then I went to the funeral home to see his body. And that’s when I broke down. He’d been beaten so badly that I couldn’t recognise him. I had to see his birthmark to believe it. My whole world was shattered.

“During the entire ordeal, I had friends and family around me but I still felt alone. No one really knew what I was going through. The police were on my case as a suspect and they grilled me mercilessly despite the fact that I was mourning. It was truly the toughest period of my life. The pain was so much I could feel it physically. Images of his body ran in my mind over and over. On our last day together, Jerry had proposed. No one knew but us. Looking back now, I feel like he was saying goodbye. I wasn’t able to attend his funeral. All I had were pictures sent to me by friends, pictures of his grave. I fell into a very deep bout of depression. What helped me the most was having people around me who just let me be. My family always came to visit just so I could have people around. It helped a great deal to know I wasn’t really alone. But honestly, the great bulk of it was up to me.

“Eventually, I had to reevaluate myself and figure out how to get my life back on track. So I decide to do something Jerry would have wanted me to do. He always said I’d make a great news presenter. So I auditioned for a national reality completion at a leading TV station. It wasn’t easy. My spirit was as good as dead. But I always acted as though he was there and I had to make him proud. The love I had for him, the grief I had inside me, I channeled it all toward the competition, and I came out on top.

“I’d tell people who are grieving a loved one’s death, not to ignore what they feel; by all means, feel it. And when you’re tired of feeling like that, and trust me, you will be, take those feelings and channel them towards something you enjoy doing. It doesn’t take away the grief, it never really goes away, but it helps you cope. Sometimes you feel like you will never move on. That’s normal. Your heart will tell you when you’re ready.”





## GIRLTALK

LIZZIE'S WORLD  
WITH LIZ LUNDI

## The big question

Harry opens up about his feelings for Liz and asks if she feels the same way too

**"Y**ou know, I'm not really feeling all that well, all of a sudden," I tell Harry after taking one look at

his get-up. There is no way I am going anywhere with him looking like that.

"Oh, come on, the fresh air will do you good," he grins widely.

My eyebrows crinkle with worry; I know how insistent Harry can be. He's not going to take no for an answer. Besides that, I haven't left the house all weekend, and I am rather craving a drive and some nice scenery. Perhaps if we drive far, far away – somewhere where I am unlikely to bump into anyone I know – then perhaps this experience will be a little more bearable.

On the other hand, why am I being so shallow? I really should give Harry a chance – he's got a kind heart, and besides, clothes can be changed.

"Okay," I say through gritted teeth. "But can we make it a really long drive?" I stretch the 'o' to show just how far I want to get out of town.

"Anywhere you want, baby," he says. Ugh. He just used a pet name. I hate it when they come from someone I have close to zero affection for.

Anyway, a few minutes later we are in his car, zooming down Mombasa Road; we have agreed on a meat-eating excursion in Kitengela, and I am confident that no one I know would be spending time there. His

**I should give Harry a chance - he's got a kind heart, and besides, clothes can be changed**

favourite country music is blaring on the stereo and I am almost out of patience when Harry turns to me and asks, "Are you ok? You don't look ok."

How perceptive. But I choose to lie. "Yes, I'm fine," I say. He takes a long look at me, and in that pause, I wonder to myself how wise it would be to want to tie my life to someone as incompatible as he is.

"It's the music, isn't it?" he says. I turn to him, an eyebrow raised in surprise; I didn't think he would be that perceptive. "I noticed the last time you were in the car and I put it

immediately irritated when it started playing. We can play whatever you want – I have jazz if you want some. I even have some soft rock and some eighties and nineties classics."

"Some jazz would be nice, thank you," I say gratefully, and smile at him – and this time it is a genuinely warm smile because I am touched by how considerate he is, and how much he listens! What a rare man!

After fiddling around with some buttons on his stereo, the sounds of some absolutely exquisite Latin American music come through the speakers. "This is such beautiful music," I say, relaxing into my car seat and letting the sounds soothe me.

"It's a lady called Bebel Gilberto, heard of her?" he says. I shake my head. "I'll get you a copy of this – and some other stuff you might enjoy. I like to collect world music and this is one of my favourites. I'm glad you

like it."

I am enjoying the music – and a part of me is hoping that perhaps I might be able to switch his fashion sense as easily as I did his music taste. Perhaps there is hope for us yet!

An hour later, we find ourselves a clean, quiet, colourful little *nyama choma* place and settle down over drinks as we wait for our goat ribs to cook.

"You know, you surprise me every day," I say.

Harry chuckles. "How so?"

"You're like an onion... so many layers.

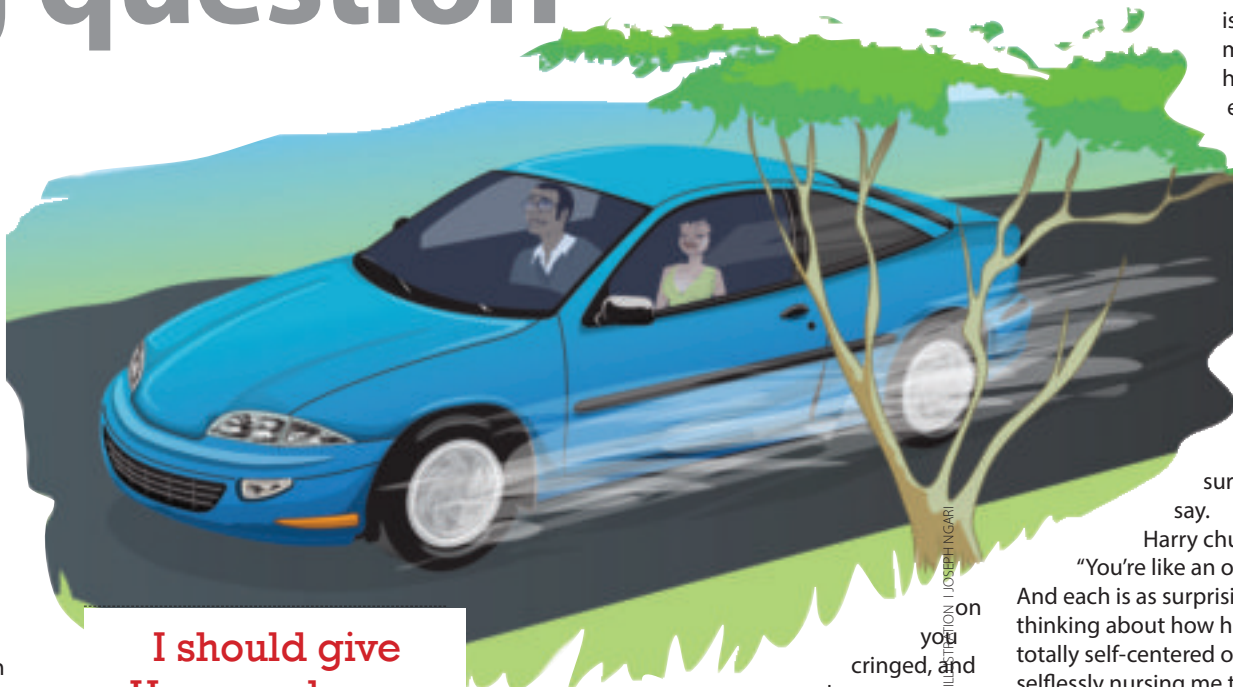
And each is as surprising as the last," I say, thinking about how he went from being totally self-centered on our second date to selflessly nursing me to good health the next day – and how he made that switch from country music buff to jazz expert in a few seconds.

Harry clears his throat and leans in closer towards me. "So, um, is this an onion you would like to get to know better?" he asks. I see his Adam's apple bob nervously up and down, and even though he is not exactly dark-skinned, I detect that he is blushing distinctly. "I mean, well, you know..." he gesticulates widely, nervously, "...I mean, get to know in a, ah, special way."

"Define special," I say a little cheekily. I want to give him a hard time, for some reason.

"Liz, you know I am attracted to you," he finally confesses. "I want us to see if we can be more than just friends. I want to know if you are attracted to me too."

What am I supposed to say to that?

RESEARCH CENTRE  
BY JOAN THATIAH

## How periods stall women's careers

Menstrual problems that keep women away from their daily tasks have been assumed to be a problem for poor girls who cannot afford sanitary pads, but findings of a new study now show that a significant number of career women take time off work each month because of discomfort brought about by their periods.

The study by a UK health brand, Cleanmarine, suggest that premenstrual syndrome (PMS) may be one of the reasons women are still lagging behind in their careers. The researchers surveyed 2,000 women all aged above eighteen. They found that an alarming one out of every three take four or more days a year off from work because of severe discomfort.

Unfortunately, the monthly cycle is still seen as something that a woman should be able to handle explaining why up to 46 per cent of the respondents felt

too embarrassed or scared to say the real reason that they were asking for time off work. Twenty-four per cent of them felt that their boss wouldn't take period pain seriously and thus called in to say that they had a different kind of ailment. This was something that was found to be happening across all career sectors.

## Sad state of affairs

This is a sad state of affairs seeing as the study found that at least one in six women had such severe period pain that they were unable to get out of bed. That they are harming women's careers, is perhaps a sign that women should stop being embarrassed about them. Coming at a time when women are still struggling to pull through in male-dominated career fields, these numbers are worrying. It is perhaps time for employers to

become more understanding.

Period pain seems to impact on a young professional woman socially, professionally and emotionally. These findings echo those of another study by the Royal College of Obstetricians and Gynecologists in the UK which found that up to four out of 10 working women reported that period pain stopped them from concentrating at work. Most of those questioned during this survey believed that period pain negatively affected their careers. A third of the 6,000 women questioned reported that their periods made them feel depressed. Even when they did show up to work, the hormonal shift which comes with menstrual periods causes moodiness and anxiety making them less effective at their jobs. Young women also reported that period pain stopped them from socialising which is a vital aspect of career growth.





## GIRLTALK

## WOMAN OF PASSION

WITH JOAN THATIAH

## Breathing life into empty souls

**P**auline's passion wasn't a persistent dream that she'd had since she was a little girl. Neither was it something out of a light bulb moment. It has taken her years to reach what she now calls home. In fact, when she decided to walk out of an exciting career as a flight attendant six years ago, her human resources manager asked her where she was going but she didn't have an answer for him.

"I had it all: a wonderful husband, three amazing children, a well-paying job and I had just graduated with a degree in international business. But that nagging feeling that I had been having for years was still there. The longer I stayed on the job, the emptier I felt," she recalls.

## Misleading appearances

She had done everything that the world around her had expected to do and in the required order. It all looked good on the outside but she felt a huge dissonance within her. She didn't know who she was. When she quit her job one morning in October 2009 she didn't know what she wanted to do with herself. She planned to just sit at home and rest for a while but she couldn't, she was used to a busier lifestyle. She sat at home for just three months and then set up a perfumes and African wear

**If you can't find yourself, the universe gives you pain. That's the way you get to look in**

shop which was easy. Being well-travelled, she knew where to get the best stock and the best way to get it into the country.

"I had no experience in business but this one did well. I wasn't emotionally invested, though. It was like I was running it on autopilot. My parents who thought I was just going through a phase were still waiting for me to get another job and they kept dropping hints."

Two years into her business, she still felt empty. This business wasn't for her. She needed to create her own path. There was some place else that she needed to be. In a bid to find where this place might be, she would spend hours surfing on the Internet. This was how she came across essays on personal development. She liked the fact that they seemed to explain the world in a way that she understood. They said that accomplishment is being yourself in a world that is constantly trying to make you someone else and she resonated with that message. Thinking they would get her home, she started taking online courses on personal development. Then she got pregnant with her fourth child.

"If you can't find yourself, the universe gives you pain. Sometimes it's the only way we start to look within. Mine came in the form of a very stressful period where I felt lost and almost got depressed. I refused to

It took years for Pauline Wanjiku Mutua to finally find her passion in life coaching. She is a transformational coach and the co-founder of Destiny Life Coaching.

leave my bed for weeks. I started looking for answers within myself and got a life coach."

After having her baby, a friend introduced her to multilevel marketing. While she loved making the sales, training people was more fulfilling. She had found herself. Her passion was coaching. She knew she wanted to be a speaker. After another year of online courses, she started doing life coaching.

"I like to think of it as transformational coaching. In retrospect, I had been doing it for years. Friends would come to me with their issues and I would talk them through."

She partnered with her life coach Jeff Nthiwa to create Destiny Life Coaching. She reckons that there are three important days in a human's life, the day they are born, the day they discover what they were born to do and the day they start living in their purpose. Having travelled the path herself, every day at work is a chance to help others break out.

As a transformational coach, she stirs people's souls to help them come alive. She does personal life coaching, speaks to groups, companies and young people. Apart from Kenya, she has been invited to speak in five other African countries. The best part is that she gets to be a present mother for her children, something she was never able to do when she was employed.

"I believe that happiness comes from within not without. We just need to stop climbing the society's ladders and pay attention to the voices within us."

## HOW SHE DID IT:

- She doesn't believe in failure. She believes that each miss is just one more way that will not give you the results you want.
- She refused to let a good pay cheque keep her in a place where she felt unhappy.
- She made sure that she learnt all that she could about her trade before setting shop. Knowledge gave her confidence which is essential in any business.



PHOTO | CHARLES KAMAU



## MALEPERSPECTIVE

MANTALK  
WITH JACKSON BIKO

US President Barack Obama embodies all the qualities anyone would like to emulate. You can't help but feel inspired when you find yourself in his space, even remotely. Here's how to get some of his charm.



# This man, OBAMA

**B**arack Obama is probably the only man another man is allowed to describe as "exquisite." Or even "beautiful." His beauty is not aesthetic but it's in the distinctive emotional quality he brings and how he makes you feel that you are an important part of that mood – even though you might be watching him remotely on TV. Obama leaves you buoyed. It's something special.

I have been close to a world celebrity before, an A-list celebrity as Hollywood calls them. I was in her space the whole day, from dawn right until a few minutes shy of midnight, "trailing" her all over like a paparazzi. Quite an unfulfilling endeavour to be honest. In her village, where she was visiting, I balanced my breakfast on my laps about a few metres from her as folk fawned around her. In some instances, as they prepared to do her hair, I foolishly shuffled through the room she was in as I looked for the john, brushing so close to her I could see the pores of her skin and smell her foreign scent that smelled something abstract, like dew on a wet leaf. Her space was constantly filled with reverence and awe.

At some point our eyes locked for a few glorious seconds, and I swear I saw a small glimmer of a smile crease the corner of her mouth before she looked away demurely. At that moment I expected my knees to go weak and my breath to fall like a

weight in the pit of my stomach and that special moment to remain clutched in my fist for a long time. But it didn't. She was just another charismatic lady with terrific teeth and great skin. (And phenomenal legs). I didn't feel "overwhelmed" by "her presence." You know how someone's presence shifts and displaces your own space? How you feel like your chakra has been destabilised? When you expect to be wowed, enthralled...to stand there glassy-eyed, your tongue feeling like lead at the floor of your mouth. I didn't feel that.

But Barry? Oh boy! Even though most of us might never find ourselves in Obama's space, he still manages to profoundly affect us remotely. When his plane pierced through the sky, pointing towards Addis Ababa, you felt lonely.

### Worth emulating

Let nobody lie to you, we all want to be like Barry because he embodies all the qualities anyone would want to emulate. And we can if we study the sensei himself.

First, I think we all can learn a thing or two about dressing from Obama. The days of wearing suits that look like you are going skydiving are gone. Those MC Hammer pants that flap in the wind like a windsock and blazers that double as trench coats during rainy seasons surely are a no-no. Most of our politicians and those chaps who sell insurance wear bad suits. And isn't it just ironic when someone is selling

you a life cover while in this miserable suit that also needs a life cover of its own? Suits should fit, period.

But of course it's easier for slim chaps like Obama to look good in fitted suits because of their body frames. But Barry doesn't wake up slim every day, he wakes up and he works out in the gym daily. Then he plays basketball frequently with chaps

Even though most of us might never find ourselves in Obama's space, he still affects us

half his age. (Read *Obama Way* by Michael Lewis in *Vanity Fair*). If POTUS can make time to work out daily at his age and his mad schedule, who are you who sells IT solutions from a briefcase not to?

Barry is also funny and witty and he knows what to do with his arms. You can tell a man's level of confidence by what he does with his arms when he is on the spotlight. Our hands remain the biggest liability when we are under focus. Great men have learnt to place their hands where they belong. But you can work out

daily, get a lean body, wear fitted suits, and designer shoes, know what to do with your arms and be in a position of power, but still be an asshole. On top of all these things Obama "seems" to be a good person. He's a gentleman. Did you see that video of him getting off his chopper when it's raining and using his umbrella to cover his female staff members while half his body was getting soaked in the rain?

Humility is the most elusive trait for those in power. The urge to call the small people "matafaka" seems overwhelming when you are in a big office.

Even the best tailored suit will not mask a vile personality or a black heart. On top of all the eloquence and pragmatism and grace, Barry is an all-round cool guy. He transcends gender or race. You keep hearing that he's the first black American president but you always wonder if Americans still see him as black (with possible exception of the Republicans and Fox News). The beauty with Obama is that he inspires you to be better for yourself and to want better for others. I'm writing this soon after his Kasarani address, and I remember how when he went to the crowd and shook their hands, some chap cupped his hand with his two hands, clinging onto it desperately and when he was forced to let go his eyes shone with something that you don't see often when people meet leaders, it was a thing of such tragic beauty to watch.





## HEARTADVICE

WITH RELATIONSHIP COUNSELLOR MAURICE MATHEKA

## BODY&amp;SOUL

# Is my “side dish” is giving me a raw deal?

This week we advise a married woman who worries that the man she is having an affair with is giving her a raw deal

I am a mature lady in my mid-forties. I am married with three children. My marriage is relatively okay, though I am not compatible with my husband. By that I mean I am more aggressive and more educated than he is. Because of this, two years ago, I met another man whom I gel with very well. He is a “single” father of three children. I say single in quotes because I have never been to his house. We communicate a lot via email and social media. This man is too busy for face-to-face meetings and coffee dates, but he claims he loves me. I feel as if I am getting a raw deal from him and I also get the feeling that he has a wife. I am still with my husband even as I maintain a relationship with this other man. Please advise me.

## READERS' ADVICE

The grass always looks greener on the other side of the fence. May I remind you that marriage is not a competition between husband and wife to see

who has excelled more than the other, neither is it about achievements. It doesn't matter whether you have accomplished more than your spouse, as long as you love him and he loves you too. By getting into a relationship with this other man, you are destroying not just your own family, but his family too. Put yourself in your husband's shoes, if he was the one saying and doing what you are doing, how would you feel? Use that to guide you on the best way to handle this self-inflicted dilemma and pray for wisdom to build rather than to break your home. **Abedie Mwinzi**

You're making a grave mistake. At mid-forties with three children and in a good marriage you don't have to look for a man with three children. There is nothing unusual about a woman who is more educated than her husband; there are so many couples like that. There are women CEOs whose husbands are drivers and chefs. At your age I expect you to be nurturing your marriage and setting a good example for your children since they are approaching adulthood. If you allow lust and

academic superiority to control you, you will destroy your family. Happiness in marriage is not about academic compatibility, but about respect, love and a sense of maturity. Focus your attention on your current marriage like never before. **Ernest Munyao**

The wise thing to do is to leave that other man and try to work things out with your husband. The fact that you are more educated than your husband doesn't diminish the qualities in him that contribute to him being a good husband to you and father to your children. I have not seen you mention anywhere that he treats you and the children badly, so those other things that you mention that make you think you are incompatible are non-issues. There are people who are not educated to the highest level, but they are still good husbands and fathers. You claim to be mature but your actions and thought processes suggest that you are not mature at all. **Matara M.Matasia**

This other man is definitely

## EXPERT ADVICE

Maurice Matheka, a relationship counsellor answers:

If I may remind you, you are a married woman with three children. You need to concentrate on repairing the rift between you and your hubby. Resolve the compatibility issues with your husband. There are high chances that this other man you are having an affair with is married and lives with his family. You are both seeking pleasures outside your marriages that you don't get from your partners. Unless you have given up on your marriage, you need to rethink your relationship with this other man before you destroy both your family and his. Your lover is after short-term thrills, yet you seem to be seeking something more. This other man will just tell you what you want to hear to suit his short-term agenda with you.

taking you for a ride and you have already seen the signs. You have never been to his house, your communication patterns are rather hidden – he prefers social media and emails rather than to meet you for face-to-face conversations, and above all you are a married woman! Don't throw your marriage into the trash for a fling. This man is not into you so concentrate on improving your marriage. **Diana Majuma**



## NEXT WEEK'S DILEMMA

I am turning 22 in September and just starting my second year at the university. I am at a crossroads. My brother passed on earlier this year and left behind a fiancée whom he had already introduced to the family. This lady loves our family very much and we love her too. She was left in so much pain when my brother, her fiancé, died. She still pays us visits and mourns her boyfriend. She loves my parents very much and she even vowed that she will never be married into any other family except ours and even if she doesn't get married, she will stay with us whether she gets a husband from us or not. I have always been close to her and she has asked me to marry her. She is 25 years old. I have mulled over this matter from all angles and I am thinking of saying yes to her considering that I love her and sympathise with her situation. She has promised to help me pay my school fees. All along she has showed qualities of a good wife and proved her worth and that's why my parents love her. I have developed tremendous interest in her. Should I go ahead and marry her? Regards, Mikel



## DEAR AUNT TRUPHENA

### PROFESSIONAL ADVICE FOR YOUR LIFE PROBLEMS

## Should I take my cheating hubby back?

**Q** I have been with my husband for the last six years. We have a daughter. At the end of last year he left me for another woman, claiming that our marriage had issues. Now the other relationship has failed. He says he isn't happy and he wants to come back. I love him very much even after all this. I never thought that he could leave me. What should I do? I'm confused.

**A** : It is clear that you are still in love with your husband even after leaving you for another woman. You sound devastated and I empathise with you. It is sad that that your husband says that he left because the marriage had issues; this is because every marriage has issues, which means your husband was supposed to air his feelings, discuss and solve them instead of moving on with another woman. Therefore, think about what he really means when he says he wants to come back because he is not happy; does that mean he wasn't happy with her or he wasn't happy because he never stopped loving you and probably realised he had made a mistake in leaving you? You should expect him to put things on the table and start being absolutely honest with you before thinking about taking him back – and even then, it is wise for you take things very slow. You also have a daughter to think about – you don't want to have him come back without working on things that went wrong before and then have him walk out again later on. I think that the two of you would benefit from counseling sessions before making the decision to get back together. You believed that you were in a happy marriage but apparently, he didn't, or he would have never left, which means that you and he had a hard time communicating your feelings or you chose to be in denial about what was really going on in your relationship. You therefore need to work on making your communication better if your marriage is to survive. Wishing you success.



**EXPERT  
STYLE TIPS**

# How to rock the dress over pants trend

It is hard to figure out what to wear given the current unpredictable weather. And given that not every woman wants to wear tights, leggings, jeans and boots, someone came up with the 'dress over pants' trend to beat the fickle weather at its own game. Ideally, these are two separate looks, and because they are usually independent of each other, you need to marry them well for this look to work. However, this does not mean buying a dress that matches with the pants, unless it is inspired by Indian fashion. This 'dress over pants' trend is more



minimalist. It is an interesting way to refresh your wardrobe. Pay attention to the following details to wear it well:

■ Dresses are best worn at knee or midi length. For the most part, they are dresses that can be worn on their own. Instead, however, you choose to complement it with a pair of pants.

■ Take your time picking out the right kind of pants. They could be anything from skinny, wide leg or palazzo. It is about preference.

■ When pairing pants and dresses pay attention to proportions. It is best to pick a dress with a looser, flowy feel to it, rather than a tight sheath dress or a pencil skirt.

■ The look can be layered with a blazer or cardigan. It can also be casual, formal or smart

depending on where you are headed.

■ If you have a sheer dress and you have always wondered how to wear it, this is the perfect trend for it. Let the dress make a statement and pair it with neutral pants and a blazer for elegant sophistication.

■ Wear matching separates, go for a monochromatic look or go for bold, bright colours.

■ Keep accessories to a minimum. The surprising nature of this look is powerful enough.

■ Consider an asymmetrical or uneven hem or a side slit on the dress.

■ For work, wear clean pieces in neutral shades like white, grey and black.



## FASHION&STYLE

WITH LYDIA OMOLO

1

Stay warm with stylish and well-tailored capes in cosy fabrics. Play around with length, texture, fabric and cuts for different looks.

# THE CAPE EFFECT

**1** Pink suedette cape with tassle detail, Sh8 999; floral print pants, Sh3 999, both from Kache. Silver loop earrings, Sh950, Truworths.

**2** Camel cape with long-sleeved detail, Sh4 800, Levush Clothing. Blue pilot dress, Sh7 000, Miss Fashion. Sunglasses, Sh1 100, Truworths. Red North Star canvas shoes, Sh899, Bata.

**3** Grey and pink cropped double breast cape, Sh2 500; white lace vest, Sh800, both from Clothing Garage. Grey felt hat with black trim detail, Sh3 500; silver loops, Sh950, both from Truworths. Rugged jeans, Sh2 500, Morris en Clad. Camel booties, Sh3 500, Mr Price.

**4** Black cape jacket, Sh4 800, Levush Clothing. Grey polo neck, Sh3 500; brown tights, Sh3 000, both from Miss Fashion. Black flat boots, Sh3 000, Kerm Designer Clothing.

**5** Camel hoodie cape, Sh2 500, Clothing Garage. Mustard pullover with rhinestone detail, Sh4 000; red pants, Sh2 500, both from Miss Fashion. Camel worker boots, Sh4 500, Desire Dresscode.

**6** White cape jacket, Sh4 800, Levush Clothing. Black shift dress with chiffon top with gold trim detail, Sh8 900, Truworths. Diamante bracelet, Sh750, Mr Price.

Pictures by: Joseph K  
& Moses Kam  
Make-up by: Wan  
Hair by: Richie for  
Hair www.uturi  
Fashion assistant: S  
Nd  
Model: An  
Profession: Mark  
executive and n  
Hobbies: Creative wr  
adventure and ba



HANDY FACTS  
& POINTERS

# JEWELLERY ORGANISER

Keep your accessories in place with this organiser

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- It is partitioned and sectioned for easy viewing and storage.
- Keeps all your accessories tangle-free.
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Black pango accessory organiser, Sh1 500, Dala Designs.

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**BABYLOVE**

# Parenting from a distance

**Simon Mburu** looks at the challenges mothers who live far away from their children face while trying to raise and nurture them.

It is now two years since Christine Nguta left the country to work as an assistant lecturer at a South African university in Cape Town. Over this period, Christine's two kids have been living with their aunt in the outskirts of Eldoret town. "I miss them dearly," she writes in a Facebook message. "They've been living with my younger sister since I left." Over the two years, Christine has only travelled home to see her kids twice, in February 2014 and April this year. Her sons are six and eight years old. But why did she leave them behind? "I had been jobless for three years. And being a single mother, I felt that I needed to get a job anywhere to start fending for them. I was no longer comfortable relying on financial help from my sister," says Christine, who holds a degree in engineering. When she received a letter of appointment to serve as an assistant lecturer, Christine did not think twice about accepting the job offer. Nonetheless, at the back of her mind, she was disturbed that she would stay away from her children for lengthy periods. "It feels bad to miss my children's milestones. Sometimes I wonder if my decision was selfish, especially after I hear them cry over the phone asking when I'm going back."

Lisa Kwamboka is another mother who had to settle for long-distance parenting. She has just returned from Qatar where she works as a house help. The mother of a six-year-old girl says that she only gets to talk to her daughter when she comes back to the country every mid-year. "I don't get access to phones or the Internet. And even if I could go online, my

**"It feels bad to miss my children's milestones. I feel that it was selfish of me to leave them."**

mum, who lives with my daughter, doesn't have the know-how to use online communication," she says. Three years after leaving the country, Lisa says that her daughter no longer calls her mum like she used to. "She has forgotten that I'm her mother. She calls me by name and instead calls her grandmother mum!" This leaves Lisa with a lump of pain in her throat. Her only consolation is the money she sends back home to cater for her mum and her daughter's expenses every month.

For Gladys Mulee, who has been living in the US, away from her family, for the past six years, the parenting dilemma has been how to instill discipline in her twin 11-year-old sons who live with their elderly grandmother in North Kinangop in Nyandarua County.

"My mother is not able to keep up with them, so fights have become commonplace as neighbours and teachers complain that my children are naughty and unruly bullies. It breaks my heart as I feel very helpless when it comes to disciplining them," she says.

With these kind of stories, it can seem as if long-distance parenting cannot work. However, those who find themselves in this kind of arrangement are there due to circumstances: They either had to take a job far away to provide for their families or they are studying to improve their qualifications for better career prospects in future. How then do these parents who only get to see their children few times a year remain involved in their children's lives and feel at peace? According to child therapist and child abuse researcher and author Rebecca Dion, the first step begins before you depart. She notes that you should explain to your children how long you will be gone and that you will miss them. "Children under five years generally need two or three days' notice that you're leaving. School-age children may need

more time so that they can be assisted on how to cope way ahead of your absence," she says, adding that you should consider leaving a calendar in the house for your child to mark off the days until you see each other or a map where they can touch and get a sense of where you are," she says. Further Bernice Mutile, a child therapist based in Nakuru, observes that when leaving, you should ensure that your child remains with a caregiver he is familiar with. "It will be easier for the child to feel comfortable with such a caregiver than with an unfamiliar person whom he has to get acquainted with. You should also leave your child with someone you are comfortable with," she advises.

Additionally, you will do well to get a mature female caregiver with a proven history of raising responsible children, who will be able to look after your child accountably in case you're unable to make contact. "Let the caregiver, a neighbour, a close relative and your child's teacher know how to easily reach you if they need to." In the same vein, even when you're abroad, you must have reliable contacts back home you can call to reach your child in case of an emergency. For instance, who would you call if no one answered the phone at your child's guardian's place for two consecutive days?

To build and maintain a stable relationship with your child over the long distance, you may need to learn how to cope with, and listen to feelings of rejection, loss, anger and pain from your child. Inevitably, these are feelings you are also bound to experience. "You may call your child today and he will not be interested in talking to you. Then when you call in tomorrow, he may start crying and begging you to come home or send for them," says Ken Munyua, a psychologist. "This is normal behaviour among children with long-distance parents and their acts of seemingly rejecting you shouldn't strike you as final."

To avert unnecessary anxiety over your child's safety, have an itinerary of their daily activities. Also, see to it that you talk to your child either through social media or through video calls. This should help your child feel your presence in his life, and give him a moment to look forward to. This works for Dorothy Nashipei, a mother of a four-year-old girl. She works in Dubai. "I call to find out how my daughter's day at the kindergarten was. I ask my mother – who lives with her – to take videos of her and send to me via WhatsApp while I send her voice letters via the same platform. At least after every two days, we hold a video call during dinner time," she says. "This has enabled me to always be there for her, to talk to her and to feel that I am part of her early development." When you get to talk to your child, ensure that you have helpful, honest communication and remember to tell them that you love and value them.



## DIARY OF A WORKING MOTHER

WITH MARIA MWONGELI

### School's out!

**Monday, 11:50am:** So we went for my uncle's funeral and the only time I saw Siji was when she came to the graveside with her cousins at the end of it all. She had a ball though, totally oblivious of the goings-on around her. Now that we are back, and since my good intentions of undoing her hair on the way there (or at least handing her over to one of the many helpful hands) did not come to pass, I am waiting for her to get home from school and taking her to the salon.

**Siji is four years, three months and two days old today**

**Tuesday, 8:06pm:** The mystery of the missing two-sided pencil continues. I have had her look everywhere – under the chair and in the fold of it, in her container of colours and even in the dustbin where she spent about 10 minutes sharpening both sides of the brand new pencil. It is well and truly lost. So now, I give charge of this new pencil to Nanny. May homework be done before I get home, every single day. No excuses, ladies.

**Wednesday, 8:57pm:** There is a clear difference between mummy-plaited hair and salon-plaited hair. You should see Siji's! I am totally blown away at just how calm and grown-up she was. I told the lady doing her hair that she has never been plaited before and to be sure to make it a good experience so that I can bring her back and came out with a sideways Mohawk (across the top of her head – her choice) scattered with pink beads. Wow! So now, after many minutes at the mirror, she demands a stocking to sleep in tonight and I am honoured to be the one to introduce her to this 'everlasting' item of sleepwear.

**Thursday, 7:31am:** Are four-year-olds supposed to be this attached to their mothers? Siji woke up and the first thing she asked was whether I was leaving for work. I told her I would go after she had left and she said that I lied to her about coming for her from school the previous day. Surely! She is even keeping tabs on this. I have given this some serious thought and even been told that she is just working to ensure her personal happiness.

**Friday, 12:20pm:** Term two is over and we have learnt so much! We can now write letters and numbers and count and read the letters in words and figures we see written everywhere. I don't know how you do it, Teacher J but, you are fantastic! Yes, homework shall be done before next Monday and I promise to buy all required school stuff this coming week and not at the last minute.



## HEALTHMATTERS

I noticed that Daisy was different the moment she walked into the consultation room. She had two small studs on the top of her nostrils, a bigger one under the lower lip and five in each of her ears. She also had a prominent tattoo on the left hand and a smaller one on the right.

"I am not sure whether you are able to help me," she said, interrupting my scrutiny of her body art, "my husband is pushing me to the extremes."

She had been married for two years. At the time of marriage she had three studs in her ear and one on the nose and the small tattoo on her right hand.

"I just wanted to look unique and beautiful. Little did I know that my body art is what attracted this man to me!" She exclaimed.

Once married, her husband convinced her to add a nose stud, to get a bigger tattoo on the left hand and to put a stud on the lower lip.

"And you will not believe what else!" she added while averting her eyes, "I have rings on my nipples, another on the belly button and a tattoo on my back!"

The source of conflict between Daisy and David at this point was that the man was now demanding for a ring on the clitoris.

I asked Daisy to bring David to the clinic the next day and she obliged.

A brief talk with David revealed that his wife's the body art was the source of his sexual gratification. By touching the studs, rings and tattoos David got aroused sexually. In fact it is the body art that attracted him to her. He convinced her to get the additional art after marriage to enhance his sexual satisfaction. The more body art Daisy had, the higher the sexual attraction and gratification David got.

It is important to note that for most women body art is for beauty and self-confidence. Beauty and self-confidence are important ingredients for initiating and growing relationships and intimacy. People who feel ugly and lack self-confidence are

**Dr Joachim Osur** counsels a man who makes endless demands that his wife gets more and more body art for his satisfaction.



## The man with an insatiable fetish

unlikely to have intimate relationships. On this front, therefore, body art is important.

On the other hand there are communities that do body art as a rite of passage. A number of African communities, especially from western Africa and South Sudan tattoo their faces for this reason. Other communities make a big hole in the

ear while others remove one or more teeth. As long as the meaning is well-understood and agreed upon in the community it is all acceptable.

Yet still there are people who do body art as a sign of rebellion to social order. Criminal gangs have previously used body art to identify each other.

Most other reasons for body art are individualised, e.g. some people add an art to mark an important milestone in life, e.g. getting a university degree, a new job, etc. Others do it for religious reasons while still others do it to conceal a scar or other body deformities. Previously businesses have paid people to carry a tattoo of their brand. Whatever the reason may be, most body art is permanent and has to be well-thought-out before execution.

But the case of Daisy and David was a special one. It was a case of body art being used as sexual fetish. A sexual fetish is an object, art or body part that arouses one sexually when observed, touched or rubbed. A fetish is not a sexual organ but in itself results in sexual satisfaction. In some cases it is an important component of a sexual encounter without which the sex cannot be complete. In fact some men will not get an erection unless they indulge in their fetish.

"Now that is me!" exclaimed David, "I can't get sexual arousal without the physical touch of Daisy's body art and the more she can have, the better for me."

Given the pain that one has to go through in getting body art and the fact that most of it is permanent, a couple has to openly discuss and agree on the extent to which they should go if one of the partners has a fetish for body art. Like in any other activities, communication and consent by both parties is critical.

It is also important to involve a health worker in discussing body art to ensure safety. There have been cases of infection following body art. Some of the infections such as HIV and hepatitis B are life-threatening yet totally preventable if body art is done under hygienic conditions.

After several meetings with David and Daisy, the couple agreed to spare the clitoris and make use of the art Daisy already had. Ten years later today, their marriage stands and intimacy has not suffered a single blow as David continues to enjoy his fetish within the limits agreeable to Daisy.

Send your feedback to [satmag@ke.nationmedia.com](mailto:satmag@ke.nationmedia.com)

## HEALTH&NUTRITION

BY SONA PARMAR MUKHERJEE

# What kind of dieter are you?

This is the first of a two-part series by clinical nutritionist **Sona Parmar Mukherjee**

We all know the drill: eat less, lose weight. However there's more to it than that. In fact, how you should lose weight depends very much on how you put the weight on in the first place. Are you on the heavy side because you think about food all the time? Or do you tend to eat when you're sad, angry, lonely or bored? Or do you fall into the third category of people who just can't stop once they start? Understanding this is key if you're going to keep the weight off in the long-term.

You see, most people think that diets are about willpower. Not true. Rather, diets are about habits, and since we know it takes 66 days to form one, that's how long I ask patients to be super-aware and disciplined about what they're doing. I find that slipping up in the early days is a sure fire way to sabotage your efforts.

Research indicates that there are three types of dieters:

Constant cravers literally have 'hungry brains'. This genetic trait means that they think that their fat stores continually need replenishing, so their brain never gets the signal to stop thinking about food.

Feasters appear to produce low levels of certain gut hormones that are released when food arrives in the intestines. This means that they don't really know when they've had enough food and, as a result, find it difficult to know when to stop eating.

Emotional eaters generally reach for food in response to some sort of stress. Their brains seek to offset a troubling emotion that they aren't able to process.

Once you know what kind of dieter you are, losing weight is actually much



easier. For feasters, a diet that results in feeling fuller for longer is key, and this is best achieved using a low glycaemic diet. Lean protein (fish, chicken) combined with slow-release carbs (veggies, brown rice) work best here. Foods like potatoes and bread are off-limits.

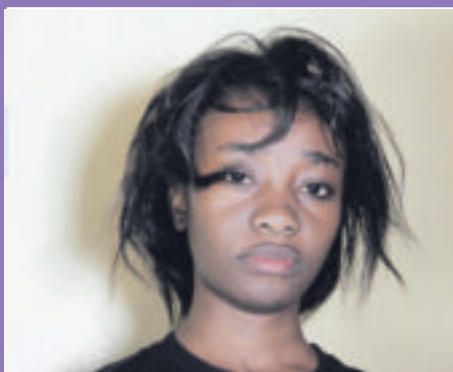
Constant cravers feel hungry most of the time, making a full-time diet very difficult. Enter the 5:2 diet: five days of normal, healthy eating and two days of a strict diet (normally less than 800 calories). This is also known as intermittent fasting and can shock the body into burning fat.

For emotional eaters, group support is crucial to breaking bad habits (encouragement triggers the motivational part of the brain thus helping to overcome stress). Cognitive behavioural therapy is also recommended to help manage the thoughts and behaviour associated with emotional eating.

[www.nutritionbysona.com](http://www.nutritionbysona.com)



# HAIR&BEAUTY WITH IRENE NJOROGI



A model undergoing an Anti-aging facial treatment at Agape clinic. PHOTOS. MARTIN MUKANGU

## Slow down the ageing process

Follow these tips to help your skin age slowly and gracefully.

### QUICK FIXES:

#### CLEAR DARK EYE CIRCLES



Do you look tired and drawn due to overworking? Have you developed dark eye circles? To look refreshed as quickly as possible, the solution is sleep. Aim to sleep for 24 hours uninterrupted while keeping your body well-hydrated. You will be pleasantly surprised to note how perky you will look, with under eye circles gone when you wake up!

#### ASK IRENE:

Do anti-wrinkle creams really work, or are they overrated? Nonie, Nairobi.

The ones that work are rare. Select products with retinoic acid such as Retin-A cream, which should be used sparingly on lined areas.

The author is a beauty trainer at Irene Beauty Training, Mt Kenya region.

**A**ge catches up with everyone, but it is nothing to be scared of if you develop the habit of practising age management techniques. Take good care of yourself if you want to age gracefully. Here are some tips on how to accomplish this every day.

#### Start early

Skin care ought to start as early as 25 years of age. The common skin myth around the world that "black don't crack" only applies to dark-skinned people who live far from the equator, such as Afro-Americans. For those of us in Kenya, the sun is especially damaging even when the weather is not sunny. Living in the tropics means that the sun's rays get to us faster than they reach other places. For this reason, sun protection should be your first line of defense. Wearing sunscreen and avoiding excessive exposure to the sun will pay dividends later in life. Drinking plenty of water, eating foods rich in vitamin A, and getting enough sleep will keep you looking younger.

#### Read between the lines

Be careful when selecting products. The term "anti-ageing" is misleading because it implies that the product or regimen will stop, cure or reverse the natural aging process. Look for products with honest labeling and believable claims. The Food and Drug Administration (FDA) of the US passed a law whereby manufacturers cannot claim that products "remove wrinkles", or "restore a youthful complexion". This gives the impression that they are guaranteed to work. Instead, they are required to state that products simply "improve the appearance of fine lines".

### NATURAL HAIR CORNER

All your natural hair questions answered.



## DIY hair steaming

**Q:** I have read about the benefits of steaming hair but I cannot afford a steamer. How do I improvise?

**A:** You are right – steaming your hair has incredible benefits. Whether you are transitioning to natural hair, or you have

loose natural hair or locks, it increases moisture levels in your hair by lifting the cuticle and allowing conditioner and water to penetrate. One way to improvise a steamer is to wet a washcloth and put it in a plastic bag. Seal the bag and pop it in the microwave for a couple of minutes. Once it is hot, place a shower cap

on your hair. Make sure you have a towel around your shoulders so you do not burn yourself. Put the hot, wet washcloth on that shower cap. Put another shower cap on over it. You can now sit under the drier but if you don't have a dryer just wrap a large towel around your head. Rinse after 15 minutes with the coolest water you can stand.

— TRICIA WANJALA



...after she undergoing an Anti-aging facial treatment process

#### Age management treatments

Non-surgical facelifts play a role in helping to improve the skin's appearance together with other measures. According to Lucy Wahome, an aesthetician specialising in age management facials, these treatments boost the skin's ability to remain resilient and firm by stimulating collagen production. When the skin produces more collagen, it starts firming up. It is not possible to introduce collagen into the skin by using creams; it is only possible by electro-stimulation. The only

other option is to go under the knife, which is invasive and carries risks. The ideal time to start on the treatments is as soon as you notice fine lines developing and loose areas of skin forming. Do not wait until it is too late to start the repairs. A consultation with Lucy will include advice on diet and exercise as well as the correct products to use to support the facial.

PHOTOS: MARTIN MUKANGU. Non-surgical facelift courtesy of Lucy at Agape Clinic, Wood Avenue, Kilimani, Nairobi. Tel: 0722 987025.



## PERSONAL FINANCE

# Let go and let grow



**L**ast weekend, I watched clips of US President Barack Obama on social media taking a shot at African leaders who have refused to step down. These leaders have become addicted to the power and honestly believe no one else is equipped to do their job. It gave me the impetus to write this article because some of us who believe we are entrepreneurs actually do the same thing. In last week's article, I mentioned that one of the things I wish someone had told me is that you grow when you work yourself out of a job. This rationale flies in the face of traditional corporate culture, but if you do want your business to go to the next level you need to let go of it to some extent. If you believe you are the alpha and omega of your business, it is going to be extremely limited. Here are some of the signs that mean you are not letting go.

**1. You carry the cheque book around with you.** Firstly, this encourages indiscipline. Many business owners do carry around the cheque book because they are also using the business account for personal use. It gives you leeway to withdraw money at any time. Rather than budgeting and paying yourself from the business, you get our sense of comfort from having the cheque book. This means there is no order and funds that should have been used for the business are used for personal expenses. Carrying the cheque-book around also indicates that there is no one who regularly keeps track of the cash flow. This knowledge is limited to you because you probably also write all the cheques. Instead of spending

## Waceke Nduati-Omanga looks into how ceding control of your business will help take it to higher heights.

time doing things that actually grow the business like getting clients, you are spending this precious time hovering over the cheque book. Yes you will have total control over your funds, but you will also ensure you have very little funds to have total control over. Let someone else handle the money. This will not only release your time, but it will also give you a sense of accountability. It is so much harder to make random personal withdrawals when you know someone will check it and account for it. Share the information. You should never be the only one in your business who knows about the numbers and how they work and come together. How will people know what to strive for? When you tell them to keep expenses down, what are you really talking about? What will be their motivation to do that? Granted it might not be everybody who receives the same level of information, but do not keep information to yourself.

**2. You are afraid to pass on information and/or teach people to take up bigger roles.** This happens because the business owner is afraid the people he trains will leave: move to the competition or start their own businesses. Can it happen? Yes. Has it happened? Yes. Yes, it is risky to cede some roles to your employees, but remember you are doing that so that you can concentrate on the bigger agenda for your company. If you don't do it, you will

stay at the same level. I think staying at the same level is in fact the bigger, longer term risk. Someone who chose to take the risk in the same industry as you may wipe you out. It may also happen that when you expose people to different roles and responsibilities, you in fact motivate them to step up. A student who attended our entrepreneurship programme actually tried this out. He spent time training his employees and allowing them to take up

**You need to cede some roles to your employees so that you can focus on the bigger agenda**

bigger roles in the company. He actually allowed them to go meet clients without him. The result is that they are now highly motivated and he was able, for the first time, to go on holiday for two weeks. People can do a lot more than we usually allow them or give them credit for. As people take up roles that you previously held, your responsibility as a leader is to ensure processes are being documented so that if they do choose to leave, the

transition, though not easy, is not a complete disaster.

### 3. You are bigger than your business brand.

When people like a particular doctor, they only want to go see that doctor. When the doctor is not available, they will come back later when he/she is available. When you start business it is sometimes like this. It is very easy for your ego to get inflated over the fact that clients only want to speak to you or meet with you. However it is extremely limiting for your business. You only have a certain amount of hours per day. Your clients must also be meeting other people who work in your business, but with the same experience. Compare the doctor's services to getting on a flight to another country or town. In this case, you have no idea who the pilot is; you chose the flight because you liked the airline and not because a specific pilot was flying the plane. This is how your business should run. You cannot be the doctor that everyone wants to treat them, let your business be an airline with different pilots to fly the passengers. Don't be the person who is required at every meeting, to address every client issue, or do all the marketing. Build your brand so that it is bigger than you or any other individual in the business. Let your business become the airline and not the pilot who flies the plane.

*Waceke runs programmes on personal financial management and entrepreneurship. Find her at [waceken@centonomy.com](mailto:waceken@centonomy.com) | Twitter @cekenduati*



## RELATIONSHIPS

# How to be a cougar

To keep your relationship with your younger man going, live by these rules. By **Joan Thatiah**



**D**ating a much younger man is no longer frowned upon; judgment from the society has ceased. It is now near normal, so much so that the Kenyan woman who prefers the company of the much younger man has coined a pet name for him inspired by popular cartoon character Ben10. Moral debates aside, the older woman now has options and it looks like Ben10 is here to stay. How can a woman have a rewarding relationship with him?

The society may have warmed up to the idea but there is still a somewhat negative connotation attached to being a cougar. A woman is seen to be preying on a vulnerable younger man for her own gain. This is the message that 43-year-old \*Zipporah Sole had the back of her mind when she became over-friendly with a 25-year-old man she met at work. She has a successful business in construction, is almost done paying for her mortgage and generally considers herself accomplished. In her mind, she was coming from a place of strength and she felt like he needed to know that he was not doing her a favour by being with her. So she tried to control him, his dressing mode, how he spent his time and even his opinions.

"It dawned on me that maybe I was in control of my life but I wasn't in control of him. He may not own a home yet or have a stable career but this doesn't mean that he

doesn't know what he is doing or that he is an easy target. You can't mould him into anything."

After this first lesson, Zipporah stopped trying to be in charge of her younger love interest, let him be himself and just went with the flow. This allowed the two of them to create a relationship model that worked for them. It was good... until she got attached to him. This brought her to her second, more costly lesson.

"A much younger man may not be for keeps. If it is a five to 10 year difference, you may have similar life goals but not if the age difference is 20 years."

## Be an older woman

Her advice to a woman interested in dating a much younger man is to keep in mind that while there may be feelings in play and he may love being with you, it is unlikely that he wants a commitment from you. This she says, will save you from a broken heart. It will also save you a lot of time agonising about where the relationship is headed. Be honest with yourself, live in the moment and just enjoy the energy and the spontaneity. It may turn out to be the easiest relationship that you ever had.

The common assumption is that a cougar is a financially stable woman and the younger man on whose arm she hangs is seeking to gain financially from the relationship. Kevin, a 27-year-old small business owner refutes this assumption. He likes to date older women. His main

motivation, he says is her confidence and maturity. It thus is a turn off when he starts dating an older woman and she starts acting, dressing or talking differently.

"I have a lot of choices. If I wanted to be with a ball gum chewing, cleavage showing 20-year-old, I would be. I chose to be with you. Be the older woman that you are," he says.

To happily date a younger man, being the mature woman that you are seems to be the trick. He is probably attracted to the wiser you, the financially confident you, so hold out for your own. When you start

**To happily date a younger man, being the mature woman that you are is the trick**

bending over backwards to try and please him, you stop being attractive. Don't try to play loud music or do activities you think will appease him. Be yourself. Who knows, you may be dating an old soul.

As with most life decisions that you make, when you choose to date a younger man, there will be people who will have

unpleasant things to say about it. Sometimes, it turns out to be the very people you expected to support you. If you are seeking a fulfilling relationship with a younger man, you either need to grow a thick skin or to keep your relationship quiet. Francesca, 42, whose current partner is 29 opted for the former. Things have been said but she's made a conscious decision not to let them get to her. Not doing this would just have kept her from enjoying her relationship.

## Don't be his mother

Accepting that you are an older woman and beginning to act like it can easily appeal to your nurturing side. From her experience, Francesca advises that you nip this feeling in the bud. A few times in the beginning, she obsessed over the age difference and attempted to act like his mother and this annoyed him. So she changed tack and began seeing him for who he truly is -- a grown man. This decision saw her letting him take some financial responsibility for their shared expenses.

"I dated a younger man before and I tried to take care of him financially. It led to a lot of tension and fights. Money is a complicated subject. This is working for us, I believe that he also feels respected and this far our relationship has been drama-free.

She breaks down her advice, "Don't try to be his mother and don't assume anything. Don't assume that he is sexually naïve either just because he is young."



## EATING &amp; OUTING

## Tasty fare South African style

This South African franchise is full of flavourful options on the menu. By **Bon Vivant**

**T**he soft launch of this international restaurant locally has already met with considerable buzz in the foodie community. Friends who are already familiar with their menus from their visits to South Africa seemed excited to try the Nairobi chapter. Kenya marks their sixth country in Africa since their inception 20 years ago. Along with a group of like-minded food lovers, I put them to the test.

They are inside a brand new building on the corner of Ring Road and Chania Avenue. There is plenty of secure parking. News Café has a modern brickwork theme of pale neutrals offset with bold dark accent hues. A large bar is set at the centre of one dining indoor area, and quieter nooks are set to the side of the hall, separated by pillars. The washrooms are conveniently located right inside the restaurant so you do not have to go outside and start

wandering around the large shopping mall to wash your hands. Outside there is ample seating but our Nairobi winter means it can be quite draughty at this time of year. Our waiter brought the menus and took our drinks order. He disappeared for a while before bringing them out. The portion sizes are generous and one of us who had allergies was relieved when a member of staff responsible for assembling the beverages came to the table to explain the exact composition of each of the beverages.

After ordering the food, I was impressed because the waiter informed us of the exact wait time. Thankfully, they did not delay. Their burgers looked amazing but I personally loved their succulent grilled pork ribs, and their Mediterranean-style side salad. The



ingredients with flavour.

They make skinny crispy gourmet fries served in a miniature ice-bucket chrome container. Perfectly seasoned, the fries did not even need ketchup. The salad dressing was also really flavourful – garlicky and rich. Be warned that the side dishes are tiny, but the mains and platters are generous and perfect for sharing. The Cajun potato wedges hit the spot. I did not love the smoky charcoal flavour of their

presentation is excellent and the were fresh and bursting

barbecued chicken wings. Children would likely enjoy the mild taste of their chicken nuggets.

Notable choices on the menu include all-day breakfast from 8 am, vegetarian offerings, their generous milkshakes which contain four scoops of ice cream in a 300 ml glass, and a wide variety of cocktails. Their cocktails are so famous, they've won Cocktail Bar of the Year Award in South Africa every year since 1999. Their price range is high-end but not exorbitant. A main course, with an extra side and non-alcoholic drink would cost you Sh2,000 per person.

Interestingly, News Café do not serve dessert. This is a bold move since dessert is the norm in high-end restaurants. However, culinary publications show that dessert today is not generally profitable for restaurants but most offer it due to patron expectations. Whether their rationale is budgetary expediency or preference, I applaud News Café for having the courage to dance to their own beat.

**RATINGS:****FOOD: 4.5/5****SERVICE: 4/5****HYGIENE: 4.5/5****VALUE: 4/5****AMBIANCE: 3.5/5****CHILD-FRIENDLY: N/A**

Send your feedback to [satmag@ke.nationmedia.com](mailto:satmag@ke.nationmedia.com)

## EATING IN

## Michelle Obama pasta salad

**Serves 2:****Ingredients:**

160 g Farfalle pasta (or penne or fusilli)  
80 g fresh tomatoes (2 or 3)  
4 pcs cherry tomatoes  
80 g Mozzarella cheese  
30 g black olives (6 pcs)  
60 g cucumbers  
2 leaves of fresh basil or coriander (dhania)  
20 ml extra virgin olive oil  
1 tbsp salt (in the water for the pasta)  
1 pinch salt (to dress the salad)

**Method:**

Pour clean drinking water in a pan and bring to boil. Only when the water is boiling should you add one tablespoon of salt and the farfalle pasta. Cook the pasta "al dente" (should offer a certain resistance to the teeth when you taste). It's very important not to overcook the pasta. After the pasta is cooked al dente, drain the salty water and let it cool down. The pasta must be cold for this recipe. Chop the tomatoes, cucumbers and onions in small cubes and mix them in a bowl with the pasta. Cut the cherry tomatoes in quarters and pour them in the mixing bowl. Add mozzarella cheese cubes to the salad and dress with extra virgin olive oil, a pinch of salt and basil or fresh coriander (dhania). Mix the ingredients very well and serve, accompanied with buttered bread croutons if you choose. - **GIANVINCENZO TEDESCO**



## MEET THE CHEF

**Gianvincenzo Tedesco, executive chef,**  
*Pink Pizza (within Cake City), Westlands Road, Nairobi.*

**How did you become a chef?** I received the title from my training in school and worked around the world. I have been the personal chef of a sheikh in Dubai, a teacher at the PSCA (Philippines School of Culinary Arts) and ran my own restaurant in 2012 in Kasarani. I have been head chef of restaurants in Istanbul, Turkey, Al Ain, UAE, and Nairobi. **What would you be doing if you were not a chef?** I'd be a guitar player, composer and singer. I have recorded a couple of albums of my songs in Italian and worked as a theatre art director. **Who is your mentor?** My grandmother. Since I was 10 years old I often helped her cook for a big family (she had nine kids) and when the extended family congregated for holidays, believe me, you had a huge crowd to feed. She taught me the passion for genuine food and the speed to prepare it.

**Which celebrity would you like to cook a meal for?** Michelle Obama! Yes! Sorry, but my dishes come out better when I have to serve a classy, elegant and beautiful (with respect to President Obama) lady. I'd cook for her my famous, delicious organic pasta salad.

**What do you enjoy most about your work?** Cooking is art. Art is never the

same every time. This job gave me the chance to travel around the world and meet different cultures, ideas and habits.

**What is the secret to creating perfect pizza?** The oven and the flour. Our flour at Pink Pizza is imported from Italy, where it's mixed with a percentage of Manitoba flour, to add elasticity to the dough. The crust must be thin, just few millimetres, and tall edges – 33 cm in diameter. **Which five tools are never missing from your kitchen?** My five senses. Sight, because we eat with the eyes first. Hearing, to listen to my colleagues and customers, because a chef should listen first. Taste. Smell, because the aroma of the food is also important. Touch, because a dish can change from just good to amazing only thanks to the 'last touch' of the chef.

- **TRICIA WANJALA**



PHOTO | MARTIN MUKANGU

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## TRAVEL &amp; LEISURE



The bikers crossing the makeshift bridge over Naro Moru River.



The camping site at Naro Moru River Lodge.



Fountain at the serenity site outside the cottages at the Naro Moru River Lodge.

# The sights and sounds of Naro Moru

This quaint town at the foot of Africa's second-highest mountain offers a refreshing getaway from the fast-paced city life. By **Josephine Mosongo**

**T**ucked a short distance away from the base of Mount Kenya is the Naro Moru River Lodge, a log cabin retreat that sits on a tranquil 2, 800 square kilometres. The Mount Kenya forest serves as its beautiful backdrop. It is the ideal destination for a well-deserved getaway, away from the fast-paced city with its maddening traffic. Just 150 kilometres from Nairobi, the drive down to the lodge situated between Nyeri and Nanyuki is lined with manmade forests and greenery.

You can pretty much find everything in Nairobi without venturing outside the county. A perfect spot for a family vacation? Check. A serene location for a team building retreat or a weekend away with friends? Check. But you will be hard-pressed to find wide open spaces with birds chirping in the background and with crisp fresh air that forces you to stop and take another long breath.

The entire establishment is mostly made of pine furnishings presenting a rustic outlook that turns romantic once dusks sets in. The walk to the deluxe rooms is somewhat lengthy, but the beautiful gardens and trees lining the windy path make it worthwhile.

It is home to some of the most exotic and unusual creatures like the tree hyrax. Seeing it for the first time, one might actually mistake it for a rat. These little nocturnal animals can be seen during daytime darting from tree to tree, playing peek-a-boo from the branches. Their territorial calls fill the night air with bizarre screams that begin with a cracking sound and end with a series of shrieks. Once the screeching quiets down, it gives way to the soothing, burbling sounds of the Naro

## STAYING AT NARO MORU

The Naro Moru River Lodge has been in existence since 1949. It is not overly luxurious compared to hotels in Nairobi but it offers a homely feel. The rustic exterior of the cabins are in contrast to the modern interior suggesting that time hasn't changed the lodge's original appeal. Naro Moru town lies 150 kilometres from Nairobi between Nyeri and Nanyuki and provides a base for hikers heading to Mt Kenya. Apart from hiking, you can also enjoy a trip to the Ol Pejeta Conservancy or Solio Ranch.

Moru River that sets a lulling tone for a relaxing albeit chilly evening. While the river still runs in the cold and dry season, trout fishing which the river was once famous for cannot take place because the water is running low. The dam is under renovation with no clear timeline of when it will be complete.

Come early morning, the gorgeous view of Mount Kenya is something to behold. George Oloit, the mountain operations manager tells us that the Naro Moru route is the shortest route to the mountain, it takes just three days. The first stopover is at the Met Station while the second is at the Makindas Camp. But there is a catch, you have to be up at 3am to make it to point Lenana on the third day.

We are not physically prepared for the climb, so we opt for an early morning

## MUST DO LIST

### EVENTS & ENTERTAINMENT HIGHLIGHTS

#### August 1 Ubuntu Festival - Arts & Crafts Edition

This tri-annual festival celebrates the cultural, artistic and historical legacies of the African people.

**Venue:** Uhuru Gardens, Nairobi

**Time:** 9am-6pm

**Tickets:** Regular ticket: Sh1 500 (Inclusive of Sh250 Ubuntu gift voucher); platinum ticket: Sh4 000 (Inclusive of Sh1 000 Ubuntu gift voucher).

**Contact:** 0722 407777. Email: info@kipaji.co.ke

#### August 1 Almasi the Fashion Extravaganza

Mcensal School of Fashion Design proudly invites you for Almasi the Fashion Extravaganza class of 2015 at the Michael Joseph Centre. Dress code is silver and white.

**Venue:** Michael Joseph Centre, Nairobi

**Time:** 6pm

**Entry:** Sh2 000

**Contact:** 0715 530309, 0712 445578

#### August 1 The Plus Size Affair 2015

This event celebrates the fuller figure with everything plus size in one convenient location.

The event will have a variety of exclusively selected plus size oriented vendors including fabulous shopping boutiques and retailers, on-line shops, gyms and so much more.

There will also be workshops on makeup, fashion 101, nutrition and fitness, a fashion show and entertainment.

**Venue:** Prestige Plaza, Nairobi

**Time:** 10am-7pm

**Entry:** Sh800

**Contact:** 0723 305060, 0720587897

#### July 31–August 2 Samantha's Bridal Wedding Fair

Meet the key people in the wedding industry (fashion designers, wedding planners, venues, florists, hotels etc) under one roof.

**Venue:** Sarit Centre, Nairobi

**Time:** 9am-5pm

**Entry Free**

Compiled by **WANGUI THUO**

The peak of Mt Kenya as seen from Naro Moru River Lodge.  
Photos by Charles Kamau

walk through the forest. The sun, seeping through the trees adds to the beauty of the calm day. Birding enthusiasts point out to some striking birds: the golden-winged sunbird, red-cheeked cordon-bleu and the African paradise flycatcher.

By November, the adventurous and athletic types, will have a biking trail through the forest ready. But for now, it is a complete workout weaving through intertwined trees and branches, and watching out for roots underfoot that snake above the ground.

After the day's activities, a long hike and a simple nature walk, dinner is served at the camping site under the stars accompanied by a roaring bonfire. Definitely sounds like a good way to wind up the day. But the tree hyraxes are at it again with their screams filling the night air.

Send your feedback to [satmag@ke.nationmedia.com](mailto:satmag@ke.nationmedia.com)



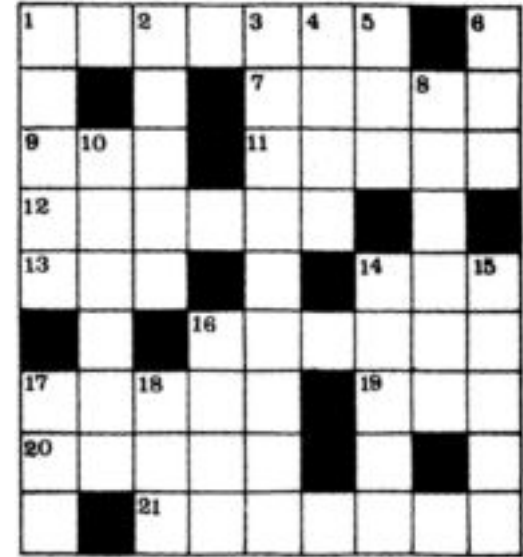
SIMPLE CROSSWORD

ACROSS

- 1.Soft loosely woven cloth usually made of wool
- 7.To love intensely
- 9.A long unmetred poem set on a lofty style on heroic deeds
- 11.Full of life and energy
- 12.To authorize or give consent
- 13.To arrange systematically
- 14.Of a legislative assembly, be in session
- 16.Containing salt
- 17.A soft round rimless cap
- 19.A province under the jurisdiction of a bishop
- 20.Plant of the parsley family with liquorice flavoured seeds
- 21.Hawks as goods

DOWN

- 1.Fails miserably
- 2.To ward off
- 3.Directed the course of a ship or plane
- 4.To prepare for publication
- 5.Item(s) of sale at an auction
- 6.Unit of measuring the intensity of sound
- 8.Plunder
- 10.To make more profound



- 14.The agave plant
- 15.Abounds
- 16.Ugandan islands in L. Victoria
- 17.A curve or recess in the shore of a sea etc.
- 18.To tear apart violently

YESTERDAY'S SOLUTION

ACROSS

- 2. Glamour
- 8. Esau
- 9. Erne
- 10. Protest
- 11. Trek
- 13. His
- 14. Bat
- 17. Mote
- 18. Auditor
- 20. Gaol
- 21. Dent
- 22. Almoner

DOWN

- 1. Berth
- 2. Gapes
- 3. Lurk
- 4. Mete
- 5. Ore
- 6. Unseat
- 7. Ret
- 12. Ritual
- 14. Borer
- 15. Testa
- 16. Silo
- 17. Mode
- 18. Aga
- 19. Dom

SUDOKU

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Winners will be contacted directly by Steers within 2 weeks to receive their prize. SMS cost: 10/=

STEERS REAL BURGERS

YESTERDAY'S SOLUTION

4	6	5	7	3	2	1	9	8
2	8	7	1	9	4	6	5	3
3	1	9	5	6	8	2	4	7
9	7	6	4	8	1	5	3	2
8	2	4	3	5	9	7	1	6
5	3	1	6	2	7	4	8	9
7	9	8	2	1	5	3	6	4
6	5	2	8	4	3	9	7	1
1	4	3	9	7	6	8	2	5

		3	1					
		1		9	4		C	5
	4			8				2
8								3
2	9			B				1
1								9
7				1				8
4	A			8	6		3	
						5	6	

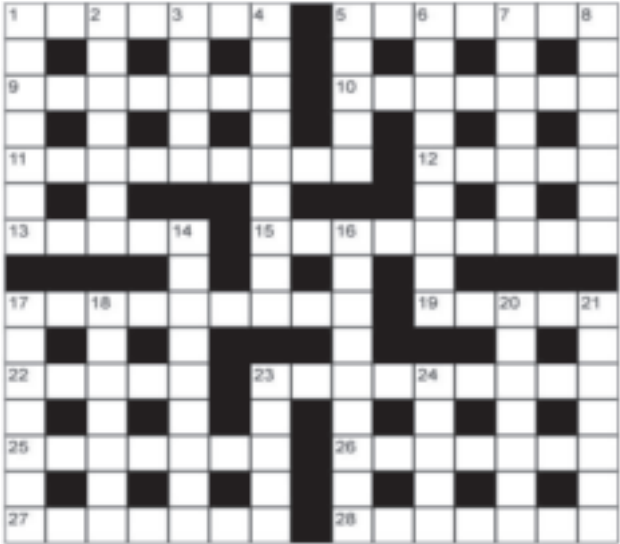
COMPLEX CROSSWORD

ACROSS

- 1 Love dispute about method of transport (7)
- 5 Chickenfeed with vegetable? Crazy! (7)
- 9 It could turn into toad and leap, skipping area (7)
- 10 Agreeing to hire (7)
- 11 Essex vice? Possibly getting high (9)
- 12 Love's put on dreary perfume (5)
- 13 Small fish's edges (5)
- 15 Former lover put in a demand and shouted (9)
- 17 One fish caught by this Parisian — it's likely to be smoked (9)
- 19 Head of Intelligence taken in by the female burglar (5)
- 22 Startle a learner driver with injury leaving hospital (5)
- 23 Blind drunk, now in giggles to an extent (9)
- 25 Son's put down as expert (7)
- 26 Mean, to say 'mature' (7)
- 27 Narrow lens distorted reflection of colour (7)
- 28 European allowed to restrict chaps for water, maybe (7)

DOWN

- 1 Spectator's wife is sent off (7)
- 2 Thinned and thickened (7)
- 3 Traps vibrated, top to bottom (5)
- 4 Ford perhaps needs parking by hotel guest (9)
- 5 Pound wanted for lentils or beans (5)
- 6 Prepared tuna or a bit of



- salad — with time, one might get in rocket (9)
- 7 The same outfit for male after university (7)
- 8 Cook argued after shortbread's first made sweeter (7)
- 14 Initially, Steve Cram ran and ran (9)
- 16 Ship's officer supports inspection, and that's the last word across the board (9)
- 17 Lessons for college girls (7)
- 18 Rock — new one kept in jar (7)

- 20 Parrot — one pal holds it (7)
- 21 Figure millions comes before hospital department's invention (7)
- 23 By the authority of two foreign articles (5)
- 24 Orders we must lose weight if this? (5)

YESTERDAY'S SOLUTION

- 1 Refund
- 4 A but rich
- 9 Linear
- 10 Swears in
- 12 Adam
- 13 Oxlip
- 14 Acme
- 17 Light brigade
- 20 Convalescent
- 23 Rank
- 24 Agnes
- 25 Cain
- 28 Well done
- 29 Bantam
- 30 Stressed
- 31 Dryden
- DOWN
- 1 Reliable
- 2 Fandango
- 3 Noah
- 5 Bowling volley
- 6 Trap
- 7 Insect
- 8 Handel
- 11 Extravagance
- 15 Ethos
- 16 Idest
- 18 Departed
- 19 Stuntman
- 21 Crowds
- 22 Angler
- 26 Odds
- 27 Parr

CODEWORD

Each number in our Codeword grid represents a different letter of the alphabet. For example, today 22 represents B so fill in B every time the figure 22 appears. You have one letter in the control grid to start you off. Enter it in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares. As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the list of alphabetical letters as you identify them.

1	2	3	1	4	5	6		7	8	7	9	10	1	14
2		10				11		4		5		12	2	15
11	8	13	2		3	2	4	2	3	5	11	14	3	16
15		8		7		16		8		17		2	4	17
2	8	4	9	18	19	20	8	17	2		4	5	18	
		1	2		21			8		12		6	19	
8	1	4	10	14	9		22	8	23	22	5	5	7	20
1		24			25		11		12			8	21	
26			21	6	5	10	11	21	6	5	4	9	9	22
20		11		20	12		5		4		2	10	23	
21	9	5	6	6	8	25	2		5	23	2	12	11	24
9		15		6		2		8		5		12	12	25
21	2	2	1	24		4	20	21	9	11	2	4	13	26
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z														
YESTERDAY'S SOLUTION														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

ANDY CAPP







6:00am One Cubed	4:30pm Malimwengu
7:00am AM LIVE	5:00pm Africa Connect Music Show
9:00am Generation 3	6:00pm Seeds of Gold -Rpt
10:00am Ubongo Kids Show	7:00pm NTV Jioni
10:30am Cool Catz	8:00pm Discovery +254
11:00am Teen Republik	9:00pm NTV Weekend Edition
1:00pm NTV at 1	10:00pm Movie: The Devil's Own
1:30pm Prankstars	12:00am CNN
2:00pm Top Sport	

TREAT OF THE DAY



DISCOVERY +254 8:00PM

Discovery +254 is an entertainment magazine talk show which seeks to inspire young people develop their talents and realize their full potential. In each episode, we have a sit-down with some of Kenya's top personalities, feature inspirational stories of ordinary Kenyans who have risen above their situations to achieve success and send out our youth reporters to seek the opinions of everyday Kenyans on the issues affecting them. Finally, we conclude the show with an invigorating live musical performance from some of Kenya's celebrated artists.

TODAY'S HIGHLIGHT  
MOVIE: THE DEVIL'S OWN 10:00PM



5:00am AL-Jazeera  
6:00am Sifa  
8:55am Kamusi ya  
Chamgamka- Live  
11:00am Jam Rock  
Live  
1:00pm Toleo La  
Mchana  
1:30pm Bunge La Wazelendo  
2:00pm Wrestling  
3:00pm Mwanaspoti  
5:00pm Mr Speaker  
Sir  
5:30pm Familiy Ties  
6:00pm Mkulima Ni  
Ujuzi  
7:00pm Safari 47  
7:30pm Block D  
8:00pm Mwisho Juma na  
Walibora  
8:30pm I-Seme  
9:00pm Wrestling  
10:00pm Jam Rock  
Rpt  
12:00am AL-Jazeera

TELEVISION

CITIZEN TV

5:00 Pambazuka Music  
8:00 Knowzone 9.20 Naswa  
10:00 Wedding Show -  
Omin-bus 11:00 Great Debate  
Contest 12:00 Pavitra Rishta Re-run  
1:00 Live At 1  
1:30 Shamba Shape Up  
2:00 Dear Mother  
2:30 Tabasamu 4:00 Silhouettes  
4:30This is Us  
5:00 Mashtaka  
5:30 Jastorina  
6:00 Kaa Rada  
6:30 Habibu  
7:00 Nipashe Wikiendi  
7:45 Naswa  
8:15 La Maquerida  
9:00 Citizen Weekend  
10:00 I Dont Trust Men Anymore  
11:00 Afrosinema  
01:30 Afrodizzia

KTNTV

6:00 Turning Point  
6:30 Joyce Meyer 7:00 Cartoons  
8:00 Club Kiboko 9:00 Marvels  
Cartoons 10:00 Yolo 11:00 Straight  
Up Live 1:00 Lunch Time News  
1:30 Smart Harvest 2:00 Movie  
4:00 Mbiu Ya KTN 4:10 Jalang'o with  
The Money 5:10 Tendereza  
6:30 IAAF 6:30 KTN Leo 7:30 Ninja  
Warrior 8:00 Deal or No deal 9:00  
KTN Weekend Prime 10:30 Rasha  
Rasha 12:00 CNN

K24 TV

5.30 Praiz 7.00 Turning Point 8.00  
Movie 9.30 Just Kids 10.30 Playlist  
11.00 Riddim Up live 1.00 K24  
Newscut 1.30 Arena 254 Live 3.00  
The Playlist 4.00 Without You  
6.00 Valgame Dios 7.00 K24

Wikendi 7.35 Mishoni 8.00 America's  
Got Talent 9.00 K24 Weekend  
Report 0.00 K24 Rave With Joe  
Mfalme 02.00 Al Jazeera

EBRU AFRICA TV

7:15 Table Talk 7:40 Dino Rampage  
8:05 Arthur 8:30 Cailou 8:45 Tarchin  
and Friends 9:15 Boonie Bears  
9:30 Wonder Box 10:00 Wimzies  
House 10:25 Backyard Science  
10:40 Reflection 11:00 Y -Connec  
12.30 Documentary 1.00 Weekly  
Report 1:30 World of Football  
2:00 News in Focus 3:00Passione  
4:00 Weekly Report  
4:30 Bonie Bears 4:45 Cailou  
5:00 Fifth Dimension 6:00 Sugar and  
Spice 7:00 Ebru Magharibi  
7:30 Mama Digital 7:50 Afro Beat 8:  
30 Changamka 9:00 Ebru News 9.30

Weekly Report  
10.00 Cover Me 11.30 Ebru Magharibi

KBC TV

05.00 BBC World News  
7.00 Fire Ministries 7.30 Miracle in  
the Village 8.00 Neno Litakuweka  
huru 8.30 Voice of Fire 9.00 Jesus  
Winner 9.30 Big Minds 11.00  
Angaza Live  
1.00 KBC Lunchtime News  
1.30 Dunia Wiki Hii  
2.00 Game On  
5.00 Praise Mix 6.00 Jee Huu ni  
Ungwana 6.30 Abled Differently  
7.00 KBC Taarifa  
7.30 First Family 8.00 Masaibu  
8.30 Family Court 9.00 KBC News  
10.00 Weekend Movie 11.30 CCTV  
News  
12.30 BBC World News

YOUR STARS

AQUARIUS (JAN 21-FEB 19)

Today's aspect at play will make you feel powerful and in control. The choices you make about your own body represent this personal power and control, so if you've been making good choice It's also a wonderful time to begin taking seriously the health practices that you may have been participating in only halfway..

PISCES (FEB 20-MAR 20)

For someone who likes to have balance, it can be especially unnerving to be caught unawares. There is some panic that often occurs, a feeling of urgency and a sense of responsibility to make everything OK. Give yourself the benefit of the doubt and develop a systematic way of dealing with this feeling.

ARIES (MAR 21-APR 20)

You really enjoy something that is presented with care and dedication. One reason you enjoy dining in fine restaurants is because of the artistry involved in the food presentation. You can try this at home! Colourful vegetables are a great way to start. There are several colours of squash, peppers, tomatoes, and beans.

TAURUS (APR 21- MAY 20)

There is a wonderful planetary aspect occurring that will help you to figure out how you really want the next year to go. If you need to make improvements on your health regimen, use this transit as a turning point. Take a good look at your health practices - don't be satisfied with merely stepping up the volume.

GEMINI (MAY 21-JAN 21)

Knowing when to stop and when to go forward can be a real source of anxiety. Picture the little Billy goat on the mountain, unsure of his next step! Others may say that you make a big deal out of nothing, but inside you feel anxious. Ignore them! But don't ignore your anxiety. Create a habit of doing things that release tension and calm your anxiety.

CANCER (JUN 22-JUL 22)

The attention you give to your body will produce both interior and exterior results. The exterior results are not of great concern to you, though the positive comments you garner will certainly boost your self-esteem! You generally seek an inner harmony that enhances your wellness.

LEO (JUL 23- AUG 22)

Today could bring attention to the throat area, which can be especially sensitive under the current transit. There are several homeopathic treatments which aid an infected throat: astragals, Echinacea, gargling salt mixed into warm water, and putting fresh lemon on your food.

VIRGO (AUG 23-SEPT 23)

Your powers of communication continue to be strong. Today's physical focus should be on your feet! Yes - wherever you plant your feet indicates the direction in which you will head. The aspect at play asks you to be determined, and to follow through on what you say.

LIBRA (SEPT 24-OCT 23)

Even though you may not feel like compromising today, it may be pretty hard to avoid! Instead of trying to do everything and as a result getting into a rut, keep your priorities at the top of your list throughout the day. Remember that you are of little use to others if your own needs have gone unmet. .

SCORPIO (OCT 24-NOV 22)

Today's planetary aspect is a dynamic one for many signs. You can give something your best shot and either succeeds or fail, but its how you feel about yourself in the process that will tell you what sort of day you're having!Accept yourself unconditionally; continue with your regular practice of exercise and a healthy diet no matter what.

SAGITTARIUS (NOV 23- DEC 21)

The satisfaction that comes from following through on your own intentions is a feeling no one else can give to you. Having the courage to make yourself the priority will enable you to learn this valuable lesson. Have you made clear choices about your exercise routine? Or have you found yourself unhappy in what you have tried?

CAPRICORN (DEC 22-JAN 20)

Have you noticed that the more you think about dietary concerns, the more relaxed you are about choosing what you eat? If you are prepared ahead of time to handle the daily decisions about what you will and won't accept in your diet, the choosing is much easier for you today.

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NAIROBI

FOX CINEPLEX-SARIT CENTRE

SCREEN I  
"INSIDE OUT" (3D) (P/G)  
11AM, 2PM  
"PAPER TOWNS"  
4PM  
"BAJRANGI BHAIJAAN " (GE)  
6.15PM  
"DRISHYAM" (TBA)  
9PM  
SCREEN II  
"PIXELS" (3D) (TBA)  
11AM, 1.45PM, 4PM, 6.10PM  
"BAJRANGI BHAIJAAN " (GE)  
9.10PM

CENTURY CINEMA-JUNCTION

SCREEN I  
"INSIDE OUT" (2D) PG)  
10AM, 12PM, 2PM, 4PM  
"SURVIVOR" (2D) (16)  
6PM, 8PM, 10PM  
SCREEN II  
"PIXELS" (3D) (PG)

1PM, 3.15PM, 5.30PM, 7.45PM, 10PM  
SCREEN III  
"PAPER TOWNS" (2D) (16)  
1PM, 3.15PM, 5.30PM, 7.45PM, 10PM  
SCREEN IV  
"MINIONS" (3D) (P/G)  
10AM, 12PM, 2PM, 4PM, 6PM  
"ANT MAN " (3D)" (PG)  
7.45PM, 10PM

PLANET MEDIA, PRESTIGE PLAZA, NGONG ROAD

"INSIDE OUT" (3D) PG)  
11.40AM, 2PM  
"PAPER TOWNS" (TBA)  
11.10AM, 4PM  
"BAJRANGI BHAIJAAN " (BOLLYWOOD)  
5.40PM  
"DRISHYAN" (TBA)  
8.50PM  
"PIXELS" ( TBA)  
1.20PM, 3.30PM

PLANET WESTGATE MALL

"PIXELS" (3D) ( TBA)  
11.40AM, 2.20PM, 4.30PM, 6.40PM, 9PM  
"PAPER TOWNS" (2D) (TBA)  
11.20AM, 2.10PM, 4.20PM, 6.30PM, 8.40PM  
"INSIDE OUT" (2D) (TBA)  
10.30AM, 12.30PM, 2.20PM  
"ANT MAN" (2D) (P/G)  
4.20PM,6.40PM, 9PM  
"MINIONS" (2D) (G/E)  
11.30AM, 1.40PM, 3.40PM  
"DRISHYAM" (BOLLYWOOD)  
(TBA)  
11AM, 2.30PM, 5.40PM, 8.50PM  
"BAAHUBALI" (BOLLYWOOD)  
(16)  
5.40PM, 8.40PM  
"BAJRANGI BHAIJAAN " (PG)  
11.10AM, 2.20PM, 5.30PM, 8.50PM  
IMAX KENYA CINEMA,NAIROBI  
"ANT MAN"  
9AM, 9.50PM  
"PIXELS" ( TBA)  
11.10AM, 1.20PM, 3.30PM, 5.40PM,

7.50PM  
ANGA SKY CINEMA, PANARI  
"ANT MAN" (3D)"  
7AM, 11.20AM, 3.40PM, 8PM, 12.20AM  
"PIXELS"  
9.20AM, 1.40PM, 6PM, 10.20PM, 2.40PM  
"PAPER TOWNS"  
7.20AM, 4PM, 12AM  
"INSIDE OUT"  
9.20AM, 12.40PM  
"MINIONS"  
11AM, 2.20PM  
"BAJRANGI BHAIJAAN "  
6PM, 9PM  
PLANET MEDIA CINEMAS, NAKUMATT MEGA CITY MALL, KISUMU  
"DRISHYAM" (BOLLYWOOD)  
(TBA)  
7.45PM  
"PAPER TOWNS" (TBA)  
2PM, 4PM, 8.40PM  
"PIXELS" (3D) ( TBA)  
12.50PM, 6.40PM

"INSIDE OUT" (3D) PG)  
11.00AM , 2.45PM  
"ANT MAN" (2D/3D)  
11.45AM, 4.30PM  
"BAJRANGI BHAIJAAN " (PG)  
6PM

MOMBASA

NYALI CINEMAX-MOMBASA

"ANT MAN" (2D)  
12PM  
"MINIONS" (2D)  
12.45PM  
"INSIDE OUT" (2D)  
2.30PM  
"ABCD 2" (2D)  
2.45PM  
"PIXELS" (3D)  
4.30PM  
"BAJRANGI BHAIJAAN " (PG)  
6PM, 9.30PM  
"ANT MAN" (2D)  
6.45PM  
"DRISHYAM"  
9.15PM



## LOVE IS ONLY A PHONE CALL AWAY

## WOMEN SEEKING MEN

Joan, 36, is a hardworking, down-to-earth, financially stable professional from Nyanza, living in Nairobi. She is living positively. Looking for a serious, single, financially stable man, aged 37-42 years, preferably from Nyanza or western Kenya, of the same status. He should be humble, responsible, with good morals and ready for commitment. Call/SMS 0773 799 321.

Sylvia Oliva, 37 is a businesswoman in Kenya. She is looking for a legal and serious relationship that leads to marriage. The lucky guy must be loving, caring, humble, honest and god-fearing. Kindly call/SMS 0718 331 937.

Gloria, a mature and outgoing woman, would like to get into a relationship with a mature man aged 38-45 years. He must be living positively with HIV, enthusiastic, decent, well-kept and earning an honest living for himself. If you have the above qualities SMS 0728 632 726.

Wanjiku, 48, would make a great match for you if you are aged 48-56 years, and preferably a widower/legally divorced. I am financially independent, managing my own academic institution in Nairobi. I'm a saved Presbyterian with two overseas-based daughters. While a serious bridegroom will SMS a detailed profile, jokers/youth/married men will be trying to call. SMS only 0726 674 562.

Leah Mumbi, a 43-year-old graduate working in the corporate world in Nairobi, is a down-to-earth, never married, no kids, financially stable born again Christian. She wishes to meet a working, born again Christian gentleman aged 42-52 years, who is ready for a serious relationship leading to marriage. Email: leah2mumbi@gmail.com.

Ruth Wambui, a tall, light-skinned, Catholic, 48-year-old businesswoman of average

build, who is living positively with HIV, is careful about standards and has two adult children. She is looking for a companion aged 50 years and above, who is morally upright, responsible and humble. Email: ruth3wambui@gmail.com. Jokers and underage individuals kindly keep off!

Dr Loveney, 31, is from Germany, but working and living in South Sudan. Looking for a humble, honest, god-fearing and serious man to settle down with as a husband and father. Call/SMS 0724 293 936.

Melvin Tylor, 46, is a widow with a 12-year-old daughter and works in the medical profession. Looking for an African man for a long-term relationship that may lead to marriage. Call/SMS 0722 480 903.

## MEN SEEKING WOMEN

Nate, a widower aged 40, with two children in primary school, is looking for a lady aged 30-60 years with or without children for marriage. Religion, race, physical disability and tribe are not an issue. The lady should make a loving wife and mother and be ready to take care of the two children. She should also be a believer in dialogue. Call 0772 141 579.

Signar, a 49-year-old man from Scotland, working and living in Kenya, is in search of a lonely heart who is kind, loving, god-fearing, and ready for a stable relationship leading to marriage. If you are the queen, call/SMS 0724 293 942.

Irrespective of social class, are you a Luo who is financially comfortable/tycoon/lasse/damsel who is ill-treated and thirsty for love/marriage? Are you honest, kind, faithful, highly disciplined, god-fearing, HIV-negative, with or without progenies or siblings? Are you able to bail me out of financial crisis if an opportunity strikes? Email a trusted Luo man in his late thirties in the former south Nyanza, superiorforms@yahoo.com.

Njeru Samuel, a 31-year-old humble graduate is looking for a mature lady aged 25 and above for a serious relationship leading to marriage. She should not have a child. Kindly SMS profile 0756 069 927.

Macharia, 60, is a healthy and stable businessman and widower who lives in one of Nairobi's upper-class residential areas. He was formerly in senior management in banking. Looking for a financially independent, college/university level lady, aged 35-50 years. My dating consultant Pastor Patrick has 15 years' experience and knows that callers and jokers avoid sending profiles. 0726 674 562. See Covenant Marriage Pastor on Facebook.

Karanja is in his 30s, is from central Kenya, but works in Nairobi. He is disciplined, hardworking and open-minded. He is looking for a single, wise, humorous, disciplined, creative, hardworking, open-minded, Kikuyu lady who is an active Christian. She should be ready to start from a humble beginning which may lead to settling down soon. Students and jokers, keep off! SMS profile 0719 584 807.

## AGENCIES

Get confidential dating at Datefind. For Kenyans/foreigners who need suitable love and marriage partners. SMS or WhatsApp your profile (e.g. name, gender, tribe, age, education level, career, residence, HIV/marital status, number of kids, religion, weight/height, complexion, etc) and details of type of lovers needed. Or send "Love" to 0722 244 271 or 0722 898 939 or 0733 222 008. www.datefindsingles.com

Royal's Dating Agency specialises in dating services for lonely hearts. Confidentially contact us if you are lonely, widowed, divorced, separated, single or physically challenged and we will link you with an appropriate partner/spouse regardless of your age, tribe, race or HIV status. Satisfying result guaranteed, so don't hold back,

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Gracious Partners of P.O Box 26317-00100 provides dating/counselling services to HIV-positive people. Are you HIV-positive and looking for love, a relationship or friendship? We have thousands of members of all ages from 18 and from all professions, tribes and faiths. Visit us at our offices in Nairobi or Kikuyu Town, Muguku Business Centre, 4th flr or call/send your details to 0701 958 665 or graciouspartners@gmail.com.

Majesty's International Dating Club is run by relationship experts to link you up with your dream partner. Single, lonely, widowed, divorced or bored with your relationship? Leave the search to experts. We are free from swindlers. We deal with all statuses. Visit NCM House, 5th floor, suite 1, Tom Mboya Street, opposite Odeon Cinema, Nairobi. Call/SMS 0720 473 396, 0734 580 502. Email: majestysdatex@gmail.com.

Aunty Tabby, your corporate dating help from Hearts of Gold Services is looking for a lady aged 23-33 years, at least Form Four education, without children, employed or in business, born again Christian or not, wanting a marriage partner. Office: Commerce House (Moi Avenue), 2nd floor, room 201. Telephone: 0721991322/0737991322 / 0722881141/0202220532/0771728992. Email: auntytabbypersonal@yahoo.com. www.drlovemagazine.com

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## RELATIONSHIP TIPS

WITH SIMON MBURU

Many women dream of getting married one day, but no matter how deeply attracted to your partner you are, or how much you love him, stepping into a marriage is a long-life commitment that requires each partner to put in some daily effort to keep the union afloat. This commitment in turn requires that both partners be ready for the road ahead of them. So how do you know that you are ready to say I do? Well, here are some tips that will help you figure out if you are ready to walk down the aisle or not.

- **Know your differences:** According to Dr Chris Hart, a psychologist based in Nairobi, marriage isn't about finding someone who matches you, but rather having the ability to deal effectively with your mutual differences. He adds that you'll only be ready once you realise that there's no such thing as a perfect partner. Says he: "You will find out that real spouses are seriously difficult, irritating and irrational on occasions. This realisation will only happen by dating enough people."
- **It is a give-and-take affair:** According to relationship coach and author Amy Schoen, you should list your pros and cons of getting

## Are you ready for marriage?

married. To begin with, evaluate what you're bound to lose and what you're in for once you tie the knot. "The major issues likely to pop up are loss of freedom and added obligations," she says. "How you gear up to handle this should dictate quite clearly your readiness to accommodate a lifetime partner into your life."

- **Infidelity:** Feeling an intense urge to remain faithful to your partner is a strong indicator that you are ready for marriage. This is according to Marina Margulis, a match-maker at the New York Socials dating site. "When you're ready to walk down the aisle, the thought of getting intimate with another person other than your spouse will strike you as downright disgusting. You'll feel an enduring commitment to stay faithful and will likely feel the need to have your intimacy commitment reciprocated by your partner," she says. Dr Hart adds that you must also understand how likely it is that one of you will have an affair. "Be prepared

to use all the strength you can muster to resist the urge to get intimate with anyone else."

- **Sexual compatibility:** Whether your partner is doing alright in other departments, you must be aware of whether you are compatible or not. "If the sex is awful, you're likely to regret marrying them. You must know if you're sexually compatible," says Dr Hart.
- **Willingness to elope:** Granted, you may be highly interested in holding a grand wedding; what if there's no possibility of a wedding on the cards? Would you elope with your partner and get married without a wedding? According to Ken Munyua, a Nairobi-based psychologist, if you would be genuinely comfortable with getting hitched to your partner without an official wedding, then your desire for marriage may be authentic. "This means you know the distinction between marriage and weddings," he says, adding that with this

realisation, you must have had a discussion on getting married with your partner, subconsciously urged him to propose and considered him as part of your future.

- **You've been doing well on your own:** According to relationship coach Lori Fradkin, if you're doing well in many spheres of your life, then you may be ripe for marriage. "This means that you are aware you'd be alright on your own, but still know that you need your partner in your life," she says. "You don't feel desperate or left out just because you're not married and your close friends are or just because everyone else is saying that you should get hitched."
- **You're not hang up on your ex:** It may be normal to want to know what became of that ex-partner you were once deeply in love with. But digging around for information on whether he got married, had kids, got sacked or who he is currently dating will only mean that you're not yet ready for marriage; that there's a part of you still stuck in the past. But if you don't get overly-bothered or emotionally rattled by them, then you may be ready to open up and let in a long-term partner.



# HAWKERS PROTESTING ON UHURU HIGHWAY!

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